



"I am loved" **Beliefs** In an academic
 I belong
 I'm worthy
 then I'm not right for this
 my PhD... I fail
 then all this time was wasted
 I don't get that post. position.
 then if, then...
 I need a permanent position
 I need to work fast
 need a good connection, need to impress people

Rules/Attitudes/Assumptions
 I need to work fast
 need to impress people
 I need a good connection, need to impress people

To be a successful academic
 must... work long hours,
 have more papers than you
 have great ideas, groundbreaking.

Boundaries
 Not fitting in
 Moving goal posts
Guilt
 Fear
 Renewed Junkies
 Expectations
 Lack of feedback
Perfectionists
 & **Imposters**
 Uncertainty
 sunk costs
 Resilience
 Toxic Comparison
 Balance
Stress
 Procrastination
 Burnout
 Worry - what ppl think
 - past mistakes
 - future path
 - worst case scenarios

Person 1: Mr Imposter
 * **Costs** ~~kick ass~~
 "I'm not good enough" "my ideas are flawed" "Everyone else is better"
 "I can't fail" "My work is not good enough"

Person 2: Ms Perfection
 * **Costs**
 "A flaw in my work = no value" "If they are better, then I am not X, Y, Z"
 "My success depends on my effort"

Photo credit: Desiree Dickerson

Workshop

Stress resilience and well-being in academia

Goals

To provide evidence-based strategies and practical advice to combine peak academic performance and resilient well-being.

Description

To identify toxic self-narratives inherent to the “academic identity”, e.g. imposter syndrome, and to reframe them into mindsets promoting creativity, resilience, self-compassion (“the thinking”). To adopt and maintain healthy habits and strategies to shift from stress and procrastination, to efficacy and productivity (“the doing”).

Instructor

Dr Desiree Dickerson is a clinical psychologist with a long research experience. She is invited internationally to talk and to run training programs on well-being and stress resilience in academia.

Teaching method

Active lecture, group discussion, individual and small-team work.

Language

English.

Audience

All members of USI junior academic staff.

Number of participants

Max 20 participants, in chronological order.

Aula Magna
USI Lugano

Thursday-Friday
23-24th of April 2020
from 9.30 to 16.30

Registration
and information:
No later than
Friday 3rd of April 2020
by writing to
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