Beliefs

I am a scientist

I am an academic

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

Rules, Attitudes, Assumptions

I don't get paid for if I don't get paid, I work hard. If I don't get that promotion, then I won't have a permanent position. Then... I need to work fast.

Stress, Burnout

Resilience

Perfectionists

Imposters

Toxic Company

Balance

Sink Costs

Uncertainty

Expectations

Rewind Junkies

Fear

Guilt

Moving goalposts

Not fit in

The Voice 2.0

Person 1: Mr. Imposter

Person 2: Ms. Perfection

Costs, Risk

My ideas are flawed. Everyone else is right.

"My work is not good enough." "I can't fail." "If they are better, then am not X, Y, Z."

"My success depends on my effort."

"I am not good enough." "I can't fail."
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.