

STUDY GUIDE

Resilience and Well-Being in Academia

Course/training name	Resilience & Well-being in Academia
Host Institution(s)	University of Konstanz
Co-organising Institution(s) (if applicable)	-----
Course level (if applicable)	-----
Name and faculty of the lecturer(s)/trainer(s)	Desiree Dickerson Please address correspondence to: Dr Julia Breitbach (asd-veranstaltungen@uni-konstanz.de)
Mode of delivery	Online live
Location (if applicable)	-----

Dates of the <u>online</u> component (if applicable)	From 22 February 2027 to 23 February 2027											
Cost	None											
Application procedure	Application form on the EUniWell Courses and Training Catalogue <i>Specific process (if any):</i>											
Target audience(s)	☐ Bachelor's ☐ Master's ☒ PhD ☐ Educators ☒ Researchers ☐ Administrative staff PhD candidates and postdoctoral researchers											
Selection criteria	PhD candidates and postdoctoral researchers only											
Prerequisites	None (other than belonging to target group, i.e. PhD candidates and postdoctoral researchers)											
Language(s) of instruction and recommended CEFR level	English											
Main Thematic Arena(s)	☒ Arena 1 - Health and Well-Being ☐ Arena 2 - Social Equality and Well-Being ☐ Arena 3 - Environmental change and Well-Being ☐ Arena 4 - Culture, Multilingualism and Well-Being ☐ Arena 5 - Teacher Education and Well-Being ☐ Transversal ☒ Well-Being Centre for Postgraduate Studies											
Field(s) of research / study	Suitable for all disciplines											
Related Sustainable Development Goals (SDG)	<table border="1"> <tr> <td>☐ 1 - No poverty</td> <td>☐ 10 - Reduced inequalities</td> </tr> <tr> <td>☐ 2 - Zero hunger</td> <td>☐ 11 - Sustainable cities and communities</td> </tr> <tr> <td>☒ 3 - Good health & well-being</td> <td>☐ 12 - Responsible consumption & production</td> </tr> <tr> <td>☐ 4 - Quality education</td> <td>☐ 13 - Climate action</td> </tr> <tr> <td>☐ 5 - Gender equality</td> <td>☐ 14 - Life below water</td> </tr> </table>		☐ 1 - No poverty	☐ 10 - Reduced inequalities	☐ 2 - Zero hunger	☐ 11 - Sustainable cities and communities	☒ 3 - Good health & well-being	☐ 12 - Responsible consumption & production	☐ 4 - Quality education	☐ 13 - Climate action	☐ 5 - Gender equality	☐ 14 - Life below water
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	☐ 6 - Clean water & sanitation		☐ 15 - Life on land		
	☐ 7 - Affordable & clean energy		☐ 16 - Peace, justice & strong institutions		
	☐ 8 - Decent work & economic growth		☐ 17 - Partnerships for the goals		
	☐ 9 - Industry, innovation & infrastructure				
Number of ECTS	0				
Workload in hours	6 hours				
Key words	Resilience	Well-being	Mental health		
Catch Phrase	This workshop provides participants with tools to increase their resilience to stress, anxiety and burnout, and to enhance their overall well-being.				
Total number of places for EUniWell participants	20				
Abstract	Despite our increasing diversity, academics tend to harbour a common chorus of voices in our heads. Voices that demand perfection, or that tell us we are not good enough and we do not belong here; voices that have driven us to excel, but that also charge a high tax on our emotional, mental and physical health. This workshop provides participants with tools to increase their resilience to stress, anxiety and burnout, and to enhance their overall well-being. The workshop is driven by the needs of the specific group in session and tools and strategies are examined through working examples brought forward by the group. Together we explore: - The self-critical inner voices that sabotage your motivation and enjoyment for your work; - How your mindset can help or hinder your day-to-day life and your future career prospects; - How certain maladaptive coping strategies (e. g. procrastination and avoidance) maintain these self-sabotaging thought and behaviour cycles; - How to reshape your thinking and behaviour patterns to work for you in pursuit of your goals.				
Programme / session(s)' schedule	22+23 February 2027, 9.00am–12.00pm Synchronous virtual workshop (live online sessions plus video learning modules) runs over two half-days.				
Developed skills and competences	Participants will develop skills and competences relevant to emotional regulation, stress management, cognitive flexibility, and sustainable well-being. For example those skills identified by the following ESCO codes: Manage frustration (A110) Cope with pressure (A104)				

	Adapt to change (A101) Work efficiently (A115)
Objectives and learning outcomes	- Participants learn about the self-critical inner voices that sabotage their motivation and enjoyment for their work. - Participants explore how their mindset can help or hinder their day-to-day life and future career prospects and how maladaptive coping strategies maintain self-sabotaging thought and behaviour cycles. - Participants learn how to reshape their thinking and behaviour patterns to work for them in pursuit of their goals. - Participants are introduced to tools that help increase their resilience to stress, anxiety and burnout, and to enhance their overall well-being.
Assessment methods and criteria, including grading scale (if applicable)	Post-event survey among participants; evaluation by quality management staff unit, University of Konstanz
Type of certification issued upon attendance or completion	Certificate of participation (issued by Academic Staff Development, University of Konstanz)
Contact	<i>Course coordinator:</i> Dr Julia Breitbach (asd-veranstaltungen@uni-konstanz.de) <i>Institution's local catalogue coordinator:</i> Ruth Eades (cocreation@uni-konstanz.de) List of local EUniWell catalogue's coordinators available here. <i>For questions related to the content of the course, please contact the offer's Institution's local catalogue coordinator. For questions related to administration, mobility or recognition the course in your curricula, please contact home Institution's local coordinator.</i>