

BECOMING A RESILIENT POSTDOC SERIES

Navigating career planning, research environments, and the stress of life can seem overwhelming and lead us to doubt ourselves just when we need confidence the most. Over five sessions, the webinars will highlight emotional intelligence competencies needed for academic success and for thriving in research and in your future career so you can develop the resilience you need to navigate challenging situations in research, work, and life.



Session 1. An Introduction to Resilience and Wellness

Group Discussion: 3/25 from 9-10 am PT



Session 2. Exploring Self-Talk: Cognitive Distortions & Imposter Fears

Group Discussion: 5/6 from 9-10 am PT



Session 3. Self-Advocacy and Assertiveness for Researchers

Group Discussion: 7/8 from 9-10 am PT



Session 4. Developing Feedback Resilience

Group Discussion: 9/9 from 9-10 am PT



Session 5. Managing Up to Maximize Mentoring Relationships

Group Discussion: 11/4 from 9-10 am PT



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