

## **Stress resilience for postdocs**

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### **Content**

In May 2019 we organized a focus group in order to get a grasp on the stress factors postdoc researchers experience and identify their needs concerning stress detection & management. On the basis of the input we received, a tailor-made training with regard to stress management & resilience has been developed in cooperation with The Human Link. During this training you will get to analyze your own stress level by means of models such as the circle of influence, and you will learn all about prevention.

### **Target group**

Postdoctoral researchers of the University of Antwerp who want to get hold of their stress level. We would like to point out that this training serves as primary stress prevention.

### **Time schedule & venue**

The training will take place at Campus Middelheim

- 7/12/2021 van 9u30 tot 12u30 (room A.301)
- 21/12/2021 van 9u30 tot 12u30 (room A.302)

### **Coach**

Ariane Pierrard, clinical psychologist at [The Human Link](#), will lead the sessions.

### **Registration procedure**

You can register by clicking [this link](#), with approval of your supervisor.

First come, first served! Places are limited (max 12 per edition).

We look forward to your participation!

Talent Center

[postdocs@uantwerpen.be](mailto:postdocs@uantwerpen.be)