

Invitation



Dear researcher

Are you interested in a hands-on learning experience that can be an eye-opener for your personal development?

The Human Resources Department invites you to take part in the half-day course

Increase your personal resilience and agility

Content

Creative, persuasive and resilient people have more success in their career and personal life. How to make that difference? In a series of 3 short inspiration sessions will teach you lessons from street kids, surviving life in the hardest circumstances.

You will learn how to:

- Strengthen your creativity skills in your daily work (*Workshop 1: Boost your creative skills*)
- Make your professional goals or story 'stick' (*Workshop 2: Learn to pitch*)
- Recover from setbacks and rejection in order to strike back more effectively next time (*Workshop 3: Increase your personal resilience and agility*)

All these skills will help you perform better in your daily job. We advise you to enroll for all three workshops, but you can also subscribe for just one (or two) workshops from the series, depending on your interests and personal needs and/or schedule.

The series ends with a workshop on **increasing your personal resilience and agility**

As a postdoc you are confronted with harsh competition, increasing pressure and a vague perspective on the future. How to deal with this insecurity and become more aware of what you really want and can achieve by yourself, whether in an academic or a non-academic setting? During this session you will explore the boundaries of human resilience in a quest for actions and thoughts that can make you more positively focused, even in harsh times.

Target group

Postdoctoral researchers of the University of Antwerp who want to get in charge of their career.

Time schedule

Half a day online training on January 5th (9h-12h30)

Coach

[Bram Doolage](#) from [Streetwize](#)

Registration procedure

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

First come, first served! Places are limited (max 14 per edition).

We look forward to your participation!

Talent Center

postdocs@uantwerp.be