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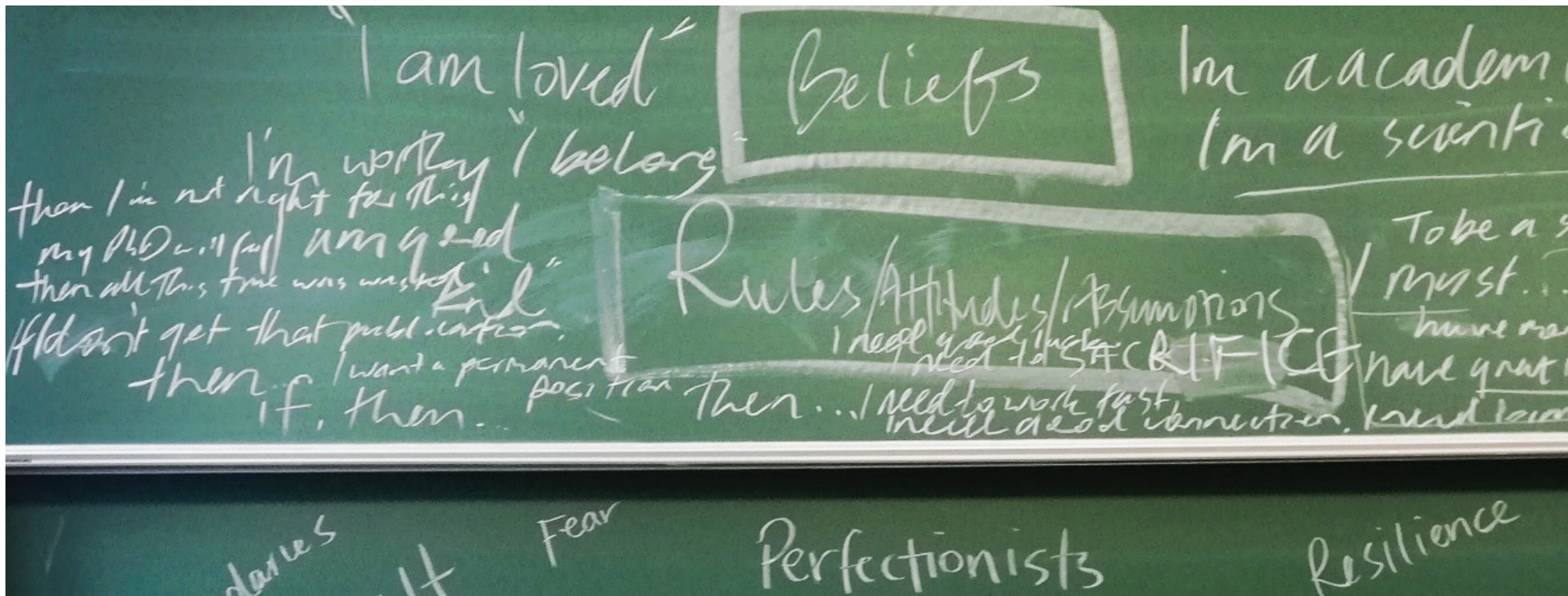
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Workshop

Well-being in Academia



Academia can be both a rewarding and challenging field, often demanding a balance between rigorous intellectual pursuits and personal wellbeing. The goal of these workshops is to provide you with the tools, strategies, and support necessary to thrive in this unique setting.

The workshops will explore various aspects of wellbeing, including mental health, worklife balance, stress management, and creating a supportive community.

Facilitator

Desiree Dickerson, PhD, 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.

Registration

Workshop:
Taming the inner critic
Before September 16th 2024

Workshop:
Supporting Student Mental Health and Well-being. A useful toolbox
Before October 9th 2024



Teaching method

2 LIVE sessions via Zoom

Language

English.

Audience

All members of USI senior academic staff.

Number of participants

Max 20 participants, in chronological order.

23.09.24

Taming the inner critic

9.30-12.30

We argue that our inner critic drives us to great heights, to excel and to maintain our edge. We rarely stop to see the costs it carries. In this workshop we will:

- Explore how your mindset and the mental models you hold shape your thoughts, your mood, and your choices, and your productivity;
- Address the critical inner voices that drive perfectionism, imposter syndrome, and self-doubt that sabotage your motivation and enjoyment for your work;
- Shift the spotlight - use our values as a compass and bring our strengths to the fore.
- Learn how to shift your mindset in order to create more mental space and energy to think, create, be present, and thrive.

15.10.2024

Supporting Student Mental Health and Well-being. A useful toolbox

12.30-14.30

"I am an academic, not a therapist. How do I support my students' mental health and Well-being?"

In this interactive session we will:

- Develop a toolbox for navigating your students' mental health and well-being.
- Learn how to ask the right questions.
- Understand why number of interactions matters
- Explore having a genuine open-door policy.
- Develop Effective communication - laying the right foundation.
- Comprehend the role of belonging, self-worth and capability and how to foster it.