

Training for scientists: dealing with stress

Dear WISE member,

As a female scientist chances are you will have great passion for your work and are highly motivated to work in academia. At the same time you'll probably experience challenges dealing with the system you are operating in. This can decrease your passion and worse, can lead to stress.

Therefore, we will provide a hands-on and interactive training that can help you dealing with stress and boost their vitality. This training will improve your personal and work life and provides you with practical tools to more fluently deal with the system you are working in.

After this training you will

- know which situations and behaviors are causing your stress;
- know the effects of your thoughts, emotions, breathing, body and energy on your behavior and life;
- know how to implement practical tools like breathing exercises in your daily life;
- know how to deal with stress by changing your thoughts and behavior through simple and meaningful actions.

Set-up of the training

Day 1: Thursday February 8, 9:00-13:00 Gemini Zuid 4.24

- Introduction: welcome, explanation of the programme, sharing goals and expectations.
- Exercises to recognise your personal stressors and revealing hampering beliefs to create them into empowering ones.
- Exploring the effects of breathing.

Day 2: Tuesday February 27 9:00-13:00 Vertigo 5.07

- Dealing with emotions and learning the value of using emotions instead of hiding them.
- Breathing exercises to deal with feelings of stress and to regulate emotions.
- Closing: summary, evaluation of goals, sharing and making meaningful agreements with yourself.

The way we work:

Our trainings are interactive combining practical tools with theories and sharing of knowledge and experiences in a safe environment. Our goal is always to increase your autonomy and to strengthen you in your behavior dealing with different situations. Our exercises are light, gentle and practical.

Practical info

- Duration: 2 x 4 hours, commitment is essential for your own success, so we require you to be present 100% of the time.
- Preparation: You need to complete a brief intake form beforehand so that we can adapt the training to your needs (needs 10 minutes to complete).
- Details of the programme: Topics like recognizing stressors, recognizing and regulating emotions, recognizing and setting boundaries and improving vitality are chosen based on the completed intake forms.
- Date, time and location:
 1. Thursday Feb 8 9:00-13:00 Gemini Zuid 4.24,
 2. Tuesday Feb 27 9:00-13:00 Vertigo 5.07
- Group: maximum 16, please wear clothes in which you can move freely.

About the trainers

Linda van den Bedem

Dr Linda van den Bedem (PhD) has 8 years of experience as a scientist and 8 years as a project leader in semi-science, in the public sector and industry. She recognizes the passion of scientists about their work and at the same time sees them struggle with their environment. This struggle hampers their energy, relations and results, professionally and personally. Therefore, after following an extensive training, she started her company in 2018 to improve personal leadership and development skills among scientists. She trains professionals in science, tech and higher education and gives one on one coaching to increase their personal leadership and improve their foundation. So they can 'do their thing' with their energy flowing into what really matters to them, while at the same time keeping a balanced mind, body and heart.



Louise Mennen

Dr Louise Mennen worked for more than 15 years as a scientist. She noticed that for pushing science forward, scientists need to improve their communication and leadership skills. To help scientist to be comfortable with these skills she started her own company in 2007 to train them in the field of leadership and personal development. After following extensive training programs herself, she now provides training for different (international) universities and research institutes. She trains scientists of all disciplines and all levels, from PhD-student to full professor. Due to her large experience as a scientist she is the perfect person to understand the work situation of scientists and their challenges.

