

# Pooling - Synergies for Equal Opportunities

## Workshops 2021

March  
4 & 5

### Performing under Pressure

#### Lessons from the theatre for the successful academic professional

Women are faced with a unique set of circumstances: we are often given a role that we perform in our personal and professional lives that we are not even aware of, and this role may affect the way we see and assess ourselves. Research has shown that, although both sexes suffer from imposter syndrome, women are more likely than men to be adversely affected by it.

Using unique techniques and exercises from the theatre, this workshop offers participants a chance to explore, define and redefine their role in their professional life and to learn new ways to become "pressure proof" in presentations and other stressful situations by turning stress and pressure into energy and motivation.

**Trainer:** Francesca Carlin

**Time:** 9am - 5pm (both days)

March  
9 & 10

### Self-Care, Resilience & Work-Life- Balance

The aim of this workshop is to create a positive space to learn about minding yourself through stress, uncertainty and change, by building resilience and wellbeing. This is an enjoyable webinar, which is practical and provides easy-to-apply tips and tools on resilience relevant to both work and home life. Participants will have time for reflection and journaling; there will be interaction in pairs and small groups, as well as facilitator-led discussion and learning.

The key concepts you'll get familiar with during the webinar include Seligman's PERMA-H model, Hannan's Energy-Tank model of self-care, Emotional Intelligence, Mindfulness and other resources Positive Psychology provides. A variety of exercises helps to focus on the self, personal values and strengths and show the importance and influence of those skills on both professional and private relationships alike.

**Trainer:** Niamh Hannan

**Time:** 9:45am - 1pm (03/09) and  
9:45am - 5pm (03/10)

Registration via e-mail to  
[pooling@cg.uni-stuttgart.de](mailto:pooling@cg.uni-stuttgart.de)

Please state the research network you are  
part of

*The workshops are free of charge  
for female doctoral students and  
female early career researchers of  
the DFG-funded research networks*