

POSTDOC SYNERGY FORUM

BETWEEN RESEARCH, LEADERSHIP & MENTAL HEALTH

Wednesday
18 September
2024

15:30 - 17:30

Campus Lübeck
Herrenhaus
Haus 82
Peter-Monnik-Weg 9

>>>>> PROGRAM <<<<<<

15:30 Welcome and warm-up

15:45 Story circle workshop

Sharing experiences about the demands, challenges and struggles of being a postdoc.



16:30 Chill out with coffee & tea

16:45 Self-care in stressful times

Positive impulses for mental health despite supervision tasks and career pressure.



17:30 Networking, pizza & refreshments



THANKS TO

