#### POSTDOC APPRECIATION WEEK 2024

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# 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

### Share your experiences!

FREE REGISTRATION

> In a Story Circle workshop, we will talk about the challenges of being a postdoc and learn from each other.

# Self-care in stressful times

How effective stress management and mental health can be achieved between promoting your own career and being a supervisor.

# Pizza, drinks & networking

Enjoy pizza and drinks, meet your colleagues and expand your network on campus in a relaxed atmosphere.

