

Resilience for Women in Academia

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Thursday, 14 November 2024, 1– 2 pm

Lunch Time Lecture (Language: English)

Online: <https://meeting.uol.de/b/jan-k1b-7vt-w5t>

ABSTRACT

Resilience refers to one's ability to overcome adversity. While some people believe that this is an inborn quality, we know from research and practice that this is a skill that can be trained. This talk will focus on the topic of resilience for women in academia. First, a clear definition of resilience will be provided. Second, different strategies that can help train one's ability to be resilient will be offered. Third, a hands-on exercise will be presented for the participants to allow them to brainstorm about their own interests. Finally, participants will be encouraged to share their thoughts to discuss, along with any questions they might have.

Aims of the workshop: 1) To define the concept of resilience and present basic research findings related to it.. 2) To offer practical tools for participants to consider, when reflecting on their own experiences. 3) To encourage the participants to make an applicable and realistic self-care plan.

This lecture is part of the lecture and workshop series:

Gender & Diversity in STEM and Medicine

hosted by equal opportunities officers of Faculty V and VI

(more information [here](#))

