

# Resilience for Women in Academia

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Scienza Science Coaching

Thursday, 14 November 2024, 1– 2 pm

Lunch Time Lecture (Language: English)

Online: <https://eu02web.zoom-x.de/j/62531671655?pwd=Dqe6EZlqvRBzZTsETlsc7SlqnuNXF4.1>

Meeting-ID: 625 3167 1655 Kenncode: 196191

## ABSTRACT

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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.

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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](#))

