Course timetable Have we awakened your interest? If so, the best thing to do is to register right away. The sooner you do so, the better we can plan.

Dates from 6 August to 24 September 2021, on five fridays, 14 – 18h

Course leader and location
Harald Roth
Roth Coaching
Triftmeisterweg 16
83435 Bad Reichenhall

Registration
Georg August University School of Science (GAUSS)
Dr. Jonas Barth
Email: gpeneuro@gwdg.de
Tel. 0551 - 39-61359
Please register from 1 July via Stud.IP (340507)

Important Please note that your registration is binding for all sessions. The link for the zoom meeting will be circulated to all registered doctoral students shortly before the first session.

Any questions?
Further information about this service is available here:

Maximilian Nagels
Prevention consultant
Tel. 040 - 460 65 11 14 29
E-Mail: maximilian.nagels@tk.de

You can also visit us at:

The TK-MentalStrategies
Stay calm during your doctorate
Register, attend, switch off!

Have you decided to pursue an academic career after you complete your studies? Doing a doctorate can be extremely challenging. Keeping a cool head is by no means easy.

When other factors come along that increase your stress still further, this can affect your performance and also influence the success of your doctoral studies. These factors include:

- Increasing performance pressure
- Time pressure and tight deadlines
- Career uncertainty
- Family obligations

Flat out through your doctoral studies – but not in the long term  Short-term stress can enhance your performance for a while. However, you should also take plenty of time to recuperate! Constant pressure puts your health at risk – because chronic stress can make you ill.

Stay relaxed – with TK-MentalStrategies  How can you meet the demands of your doctoral studies but still stay in balance? The Techniker can help. With a course that is specially tailored to your circumstances.

At a glance  See for yourself what TK-MentalStrategies can offer you.

Your course timetable  The course consists of 5 sessions lasting 4 hours each.

- Stress and its effects
- Protect yourself from stress
- It’s all in the mind
- Managing stress successfully
- My doctoral journey

How much does the course cost?  The Techniker offers the course free of charge.

What can I expect?  An intensive course in small groups of no more than twelve doctoral students. You will learn lots of practical exercises that you can use directly in your day-to-day studies.

Participation pays off  All doctoral students who want to improve their ability to deal with stress are welcome to attend – no matter who their health insurance provider is.

- You will explore your personal stress factors and activate personal resources.
- You will optimise your time management and self-management – for a successful doctoral phase.
- You will maintain your (mental) health and performance.
- You will acquire key skills for your future career.

Good to know!

Proven effective  This course, which has been specially tailored to meet the needs of doctoral students, is an adaptation of the TK-MentalStrategies student course. "TK-MentalStrategies" was developed by Techniker Krankenkasse in cooperation with the Karlsruhe Institute of Technology (KIT) and has been evaluated successfully.