

ACADEMIA TERRA

Capacitação para Investigadores

25 MAIO 2026
14h - 15h30

Total de 1,5 horas de curso
Sala de Reuniões TERRA, ISA
Nº max. de participantes: 30
Idioma: Inglês

Resiliency in academia and maintaining healthy relationships

OBJETIVOS

- Identify 15 styles of distorted thinking that impacts stress management
- Distinguish the difference between feelings, needs and values
- Practice a framework of making requests to enhance your relationships
- Understand how self-compassion can help decrease academic burnout

FORMADORA

TANIA ZULKOSKEY | Clinical Registered Social Worker and Certified Trauma Treatment Specialist who works with individuals and families who experience crisis, parenting frustrations, relationship challenges and general overwhelm

SINOPSE:

Graduate students and postdoctoral researchers face unique challenges and pressures that are often invisible to others around them. Thriving during your academic career is more than just time management. Come learn how to reframe counterproductive thoughts and clarify the values that are important to you, in order to thrive academically and in your personal relationships.

DESTINATÁRIOS:

Students, professors, and academic researchers

INSCRIÇÃO:

<https://forms.gle/25peXyoZNC1R5uCt7>