



# WORKSHOP

## Keeping Your Motivation Up Throughout the PhD-Project

In this two day workshop you will have a closer look at both, the internal forces that keep you going and those experiences that make it difficult to stay focuses and motivated in the course of your PhD project. We will have a closer look at internal and external triggers that can lead to demotivation as well as resilience factors and how you can activate them.

Short inputs from the research on motivation and resilience will give you some orientation and ideas how to cope with obstacles while a series of practical exercises is intended to support you in regaining access to your strengths and driving motivation.

Some contents are:

- What is motivation and the role of the sub-conscious
- Research on resilience factors
- Recognizing diverging needs
- Overcoming hindering beliefs
- Appreciating and reconciling internal parts
- Using the power of the sub-conscious
- Defining strategies and next steps

Target group: PhD students who are in the midst of their PhD project and might feel stuck, doubtful, tired or sense the need for a motivation boost to regain energy and drive.

Participation: **Maximum number of participants: 12**

It is mandatory that you can stay for the whole process during the two days.

Please register **until 19 January 2018** at [juliane.fender@uni-bayreuth.de](mailto:juliane.fender@uni-bayreuth.de).

Facilitator: Dr Anette Hammerschmidt

Date: 20-21 February 2018

Times: Start: 9 am sharp  
End: 5.30 pm  
Lunch and coffee breaks included