

## TwentyOne Skills



### Eight Ways to be More Resilient in Academia

#### Objective

Every one of us goes through difficult situations from time to time: In our careers, we must deal with minor or major setbacks; in our private lives, there might be pressure in our relationships and stress in our families.

The question is: How to deal with that in a positiv way?

The secret is called "resilience". This eLearning unit will show you 7 effective ways to strengthen them. In addition, at the end of the course, you will be shown an 8th way that you may not have thought of.

#### Description

- What is resilience
- How to be more resilient
- Attitudes and behaviours – the keys to resilience
- Exercise with step-by-step guide

#### Conditions

In cooperation with TwentyOne Skills, GRADE offers about 35 asynchronous online courses.

The 3-month sessions start at the beginning of January, April, July and October.

Registration is possible at any time. Confirmed participants can access the courses for 3 months at the online platform of TwentyOne Skills. The current registration link can be found here: <https://tinygu.de/en21skills>

#### Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties
Duration	Approx. 1h
Registration	<a href="https://tinygu.de/en21skills">https://tinygu.de/en21skills</a>