

Stop procrastinating. Start working.

5 practical steps to boost PhD productivity and overcome procrastination

What participants will learn from the workshop:

1. To think about their PhD in terms of clear projects and goals
2. Set priorities and actionable goals and effectively monitor their progress
3. Be able to anticipate delays and find alternative solutions
4. Have structure in their PhD research process
5. Be conscious about their work and be able to overcome procrastinator blocks

Practical information:

Type: Interactive Online Training (5-15 participants)

Participants: PhD students (especially well adapted for 1st and 2nd year)

Dates:

30/09/2022 (morning)

7/10/2022 (morning)

14/10/2022 (morning)

21/10/2022 (morning)

Register before 10/09 by writing to Indscourses@gmail.com.

First come - first served.

Objectives:

- Give participants 5 actionable steps to organize their tasks and give structure to their academic work.
- Adapt a solution-oriented approach to overcome difficulties and reduce procrastinations at each of the five steps.
- Equip participants with the practical tools and methods necessary for efficient academic work.
- Give participants the feeling of being in control and ease to foreseen goals and stay on top of their PhD work.

Pedagogy methods:

- Theoretical presentation using cognitive psychology framework
- Practical, hands-on exercises
- Productivity pipeline including tools and methods
- Group discussions

ABOUT THE TRAINER



Ewa Pluciennicka, PhD is a founder of **PhD Success** and a trainer. She is a doctor of cognitive psychology with over 8 years of **international academic experience** in **research** and academic teaching. She is also a licensed **psychologist** specializing in neuropsychology. As a trainer, she combines her knowledge in psychology and human neuroscience with her academic and clinical experience to provide **high-quality training**, with real-life examples, case studies, and filled with practical advice. Her methods truly help **PhD students** through their academic journey and **enhance** their **well-being** and work satisfaction.

About PhD Success:

PhD Success is a French-based social benefit company founded in 2020.

Our aim is to bring **mental health awareness** to academic institutions to improve early career researchers' well-being and productivity and enhance general work-life satisfaction. Over the last year, we helped over **5000 PhD students** through online webinars, training, online **PhD** support in communities, and individual consultations.

We are collaborating on the issues related to mental health and well-being in academia with organizations such as the European University Foundation, Eurodoc, Mental Health Europe, China Youth of Tomorrow, Cactus Communication, and several universities and **PhD student** organizations. Our work on **Mental Health** has been recently featured in a Nature publication.



PhD Success

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