

SELF-MANAGEMENT AND WELL-BEING FOR EARLY CAREER RESEARCHERS

by DR. MARKUS BOECKLE

Lecture in cooperation with the VDS CoBeNe

Monday, 06.09.2021, 15:00 – 16:00, Zoom

Various universities around the world seek to instill a culture of care by sending a clear and consistent message about the importance of wellness and self-care of their early career researchers (ECR). Identifying and dealing with factors having an impact on the well-being is key to support ECRs in their academic career and help them with self-management and their successful future professional life.

The prevalence of having or developing common issues with well-being are 2.43 times higher in ECRs compared to the highly educated in the general population. Among others, important explanatory variables for high prevalence rates are work-life balance, job demands, and the phase of the PhD degree (initial, execution, finishing). Common issues of well-being in ECRs are feeling under constant strain, feeling unhappy and depressed, losing sleep over worry, not being able to overcome difficulties, losing self-confidence, and others. To support ECRs and to prevent negative effects before they have a severe impact on well-being or success, it seems best to use proactive approaches and implement support services.

Markus Boeckle is an Assistant Professor and head of the academic program at the Department of Psychotherapy (Bertha von Suttner Private University). He has a broad interest in animal and human minds. His research primarily focuses on cognitive mechanisms, intentionality, and future planning in animals but also in healthy humans and patients with psychiatric disorders. At the moment, Markus Boeckle is particularly interested in future planning in New Caledonian Crows. He is also highly interested in the effects of perception of self-efficacy in the treatment of psychosomatic disorders. Further details of his work are given on his [research page](#). Markus Boeckle works as coach, supervisor, and psychotherapist in his [private practice](#) in individual and group therapy settings.

GROUP COACHING BY DR. MARKUS BOECKLE FOR EARLY CAREER RESEARCHERS IN PSYCHOLOGY

Feeling tired, isolated and stressed? Problems with your advisor? Working 24/7 but not getting many things done? Feeling stuck? Feeling guilty for taking a day off? These are all common experiences in early research careers.

While life of an early career researcher is not easy, it can be easier with group coaching on hand. Academic work is a creative process, which takes a great deal of self-motivation, and often it is quite a solitary activity that requires a lot of discipline and persistence. This can make you feel insecure and lose motivation. Group-coaching is an opportunity to reach the goal of a successful career with a focus on your personal well-being.

Target Group

Early Career Researchers in psychology in any phase of their project, who would like to monitor their own progress within a group of ECRs supervised by a trained psychotherapist and coach.

You have got what it takes to succeed as a researcher, but when you hit a rough patch, together is easier.

The group coachings are offered on the following dates, and will take place at Liebiggasse 5 (if Covid regulations change, they will be held online):

14.09.2021	16:30-18:15	14.12.2021	16:30-18:15
12.10.2021	16:30-18:15	11.01.2022	16:30-18:15
09.11.2021	16:30-18:15	08.02.2022	16:30-18:15