

# Navigate academia and maximize your potential

Workshop for PhD students and PostDocs



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# Researchers are highly stressed, underperforming and at risk of burnout.

The academia culture is competitive and pressuring. 49% of researchers have difficulties dealing with stress at work. Stress impacts concentration, creativity and problem-solving efficiency, all being key skills to a successful researcher.

Chronic stress increases the risk of burnout. It has psychological, professional, financial and scientific repercussions on the individual, the research group, the institution and the society at large.

Institutions offer counselling and health benefits that address stress symptoms rather than focusing on the root causes of stress. Stress in academia is stigmatized and researchers tend to seek help when burnout symptoms are already present, often too late in the process.

On an average working day:



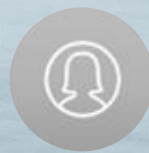
**70%**

researchers feel stressed on scale

**4.9 out of 7**

where 7 = extremely stressed

During their career:



**34%**

researchers had sought professional help for depression or anxiety.

**19%**

researchers wanted to seek professional help but have not.

We believe in prevention.

We equip researchers with tools  
to navigate academia and maximize their potential.

We deliver seminars, workshops and coaching  
to foster self-leadership, healthy habits and wellbeing.





# Modular workshop : 3 hours full immersion

## Navigate academia and wellbeing

- Understand the academic system and how to reduce the pressure
- Explore your definition of wellbeing
- Learn tools to slow down the mind and increase creativity

## Develop self-leadership

- Identify your values and motivation
- Tap into your full potential
- Start working on your strategy forward

## Build healthy habits and improve sleep

- Dive into sleep science and its benefits
- Explore your definition of a good night's sleep, and how to get there
- Make your toolbox of practical tips and habits to promote healthy sleep

## What you get?

A preparation package to embark researchers in the process before the workshop.

A workbook with hands-on exercises, resources, tools and references.

An interactive workshop grounded in scientific knowledge, research experience and coaching facilitation.

An online follow-up to monitor impact and growth of participants after the workshop.



*We combine our experience of the academic system, our scientific knowledge and coaching skills to help researchers maximize their potential.*



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The background of the image is a close-up, high-resolution photograph of a wood grain. The lines of the grain are wavy and run horizontally across the frame, creating a sense of movement and texture. The color palette is warm, ranging from light tan and beige to deep, rich browns and near-black tones, particularly in the lower right quadrant.

**To bring wellbeing at the core of academia**

Contact us for a quote at [coaching@deborahrupert.com](mailto:coaching@deborahrupert.com)