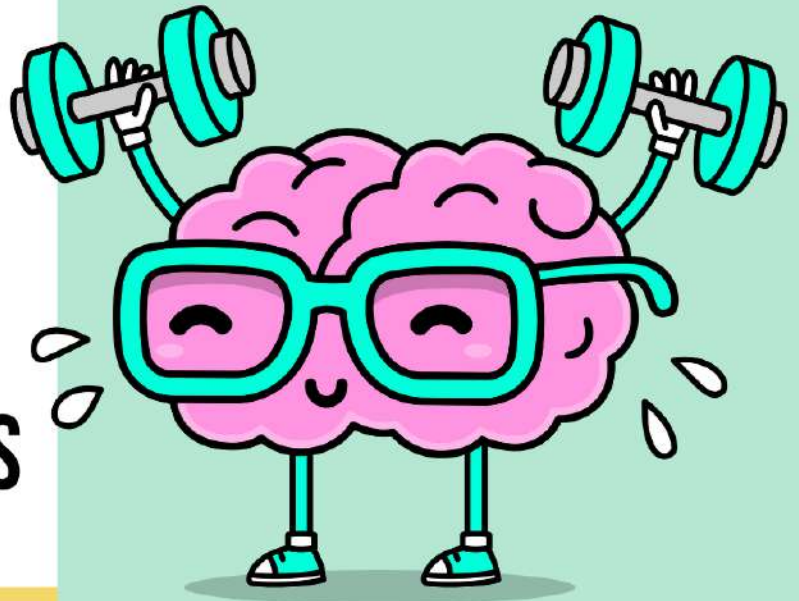


Sponsored by ICON (Institute for Cultural Inquiry).
Organized by Utrecht University and Universidad de Oviedo as part of the InterGender Consortium.

MENTAL HEALTH

WORKSHOP FOR PHDS



HOW TO STAY PHYSICALLY AND MENTALLY HEALTHY DURING MY PHD? SHARING OUR EXPERIENCES

When?

June, 24th @ 15.30

Where?

Hybrid session.
Online & Drift 25

Important considerations:

25 spots available live
25 spots available online

Registration open until May 31st.
Confirmation email by June 6th.

Please complete the assigned readings.

• Objective:

With the guidance of Paula Meesters, Utrecht University PhD psychologist, this 3-hour workshop will encourage open discussion, allowing participants to exchange experiences, express concerns and collectively reflect on common challenges.

Visit our website for
registration and additional
information.

<https://bit.ly/4k2hYy8>

or email m.a.castillosoto@uu.nl

