



Academic Resilience & Well-being Workshop

RTG 2753 Emotional Learning and Memory
February 2026

Resilience & Well-being in Research: Working with the Loop

May 27th, 2026 @ 9:00 – 12:00PM

PhD and postdoctoral training places sustained cognitive and emotional demands on early-career researchers, often reinforcing cycles of self-doubt, overthinking, and short-term coping strategies that increase stress rather than relieve it. This in-person workshop introduces a simple, evidence-based framework to help participants understand how academic challenges trigger thoughts, physical sensations, emotions, and actions that can quietly maintain distress and increase burnout risk.

The workshop is practical and skills-focused. Participants learn to recognise their own recurring thought and behavioural patterns and explore concrete ways to intervene at different points in the cycle—using awareness, regulation, and small behavioural shifts to reduce stress and respond more flexibly to academic pressure. The emphasis is on sustainability, not perfection or constant productivity.

Learning objectives

By the end of this workshop, participants will be able to:

1. Identify common stress and self-doubt loops in PhD and postdoctoral life.
2. Recognise early bodily and emotional signs of unhelpful coping patterns.
3. Use simple, evidence-based strategies to interrupt loops at the level of thoughts, sensations, or actions.
4. Replace short-term coping “band-aids” with more sustainable responses that support both well-being and effective sustainable research engagement.

Structure: Session involves large and small group discussion, independent reflection, and task-based activities and interaction.

Breaks: Morning tea approx. halfway through (15-20 mins).

Facilitator: Desiree Dickerson, PhD

Capacity: 20 attendees