

Surviving academia

Strategy, focus and your relationship with time

In your academic career, you are often with one leg in your current position and with the other already focusing on the next project. Also, tasks and responsibilities can be quite unclear and everybody asks for your time and contributions in for instance cooperation, teaching and co-supervision. This in-between position regularly leads to an unclear work load, a work load that is too high, or conflicts about tasks, responsibilities and even authorship. How can you shape your academic position and make it the best time of your life? How can you create calm, focus and concentration in your work?

In this 2-day course, we help you to look at your tasks, responsibilities and work load. We then work on shaping your ideal work conditions and relationships. What are your goals? What is it that you want to ask for? What is it that you need to say no to? How can you negotiate about roles, tasks and responsibilities? We then discuss time management tips and mainly Deep Work (Cal Newport, 2016), to help you create concentrated undisturbed blocks of time to focus on your main tasks.

With an academic training actor you will practice skills such as how to say no, deal with contradicting interests, and communicating your needs. The course is very interactive and you will share with – and learn a lot from – your fellow academics. We will fine-tune the program based on the intake forms of the participants, so as to address your individual wishes.

About ElroyCOM Training

ElroyCOM Training is a certified CRKBO educational institute that specializes in training scientists. All of our 22 trainers and actors have an academic degree and international experience. We have trained more than 20.000 scientists over the last 20 years. For more information please refer to www.elroycom.nl.