



**Course timetable** Have we awakened your interest? If so, the best thing to do is to register right away. The sooner you do so, the better we can plan.

**Dates** from 6 August to 24 September 2021, on five fridays, 14 – 18h

**Course leader and location**

Harald Roth  
Roth Coaching  
Triftmeisterweg 16  
83435 Bad Reichenhall

**Registration**

Georg August University School of Science (GAUSS)  
Dr. Jonas Barth  
Email: [gpneuro@gwdg.de](mailto:gpneuro@gwdg.de)  
Tel. 0551 - 39-61359  
Please register from 1 July via Stud.IP (340507)

**Important** Please note that your registration is binding for all sessions. The link for the zoom meeting will be circulated to all registered doctoral students shortly before the first session.

## Any questions?

Further information about this service is available here:

**Maximilian Nagels**

Prevention consultant  
Tel. 040 - 460 65 11 14 29  
E-Mail: [maximilian.nagels@tk.de](mailto:maximilian.nagels@tk.de)

**You can also visit us at:**



The TK-MentalStrategies  
**Stay calm during  
your doctorate**



## Register, attend, switch off!

**Have you decided to pursue an academic career after you complete your studies? Doing a doctorate can be extremely challenging. Keeping a cool head is by no means easy.**

When other factors come along that increase your stress still further, this can affect your performance and also influence the success of your doctoral studies. These factors include:

- Increasing performance pressure
- Time pressure and tight deadlines
- Career uncertainty
- Family obligations

**Flat out through your doctoral studies – but not in the long term** Short-term stress can enhance your performance for a while. However, you should also take plenty of time to recuperate! Constant pressure puts your health at risk – because chronic stress can make you ill.

**Stay relaxed – with TK-MentalStrategies** How can you meet the demands of your doctoral studies but still stay in balance? The Techniker can help. With a course that is specially tailored to your circumstances.



### Good to know!

## Proven effective

This course, which has been specially tailored to meet the needs of doctoral students, is an adaptation of the “TK-MentalStrategies” student course. “TK-MentalStrategies” was developed by Techniker Krankenkasse in cooperation with the Karlsruhe Institute of Technology (KIT) and has been evaluated successfully.

**At a glance** See for yourself what TK-MentalStrategies can offer you.

**Your course timetable** The course consists of 5 sessions lasting 4 hours each.

- Stress and its effects
- Protect yourself from stress
- It's all in the mind
- Managing stress successfully
- My doctoral journey

**How much does the course cost?** The Techniker offers the course free of charge.

**What can I expect?** An intensive course in small groups of no more than twelve doctoral students. You will learn lots of practical exercises that you can use directly in your day-to-day studies.

**Participation pays off** All doctoral students who want to improve their ability to deal with stress are welcome to attend – no matter who their health insurance provider is.

- You will explore your personal stress factors and activate personal resources.
- You will optimise your time management and self-management – for a successful doctoral phase.
- You will maintain your (mental) health and performance.
- You will acquire key skills for your future career.