

Workshop

Part of the GGS Teaching Assistantship Program 2013

Modern Life - Challenges & Wellbeing

Organizational details

Instructor: *Tusharika Mukherjee, visiting researcher at the Chair Work and Organizational Psychology*

Date: July 7 & 14, 2014, each from 09:30 to 17:30

Location: Licher Str. 66, Room 601, Basement

ECTS: –

Objective

This workshop aims at enabling participants to understand certain aspects of human behavior which are related to academic, professional, social, and emotional adjustments in modern life. It will provide participants an interactive experience to find out more about personal tendencies like perfectionism, fearing failures, workaholism, delaying tasks and burnout. Though these issues have received great attention in scientific investigations, they are commonly overlooked as issues of concerns in daily living. As wellbeing is rooted in effectively dealing with issues of concerns in daily living, it is a need to be aware and responsive to their effects in our lives.

Content

The workshop will provide an overview of the personal challenges (mentioned above) and facilitate:

1. Identifying their source and areas of impact – How important they are to us and our work?
2. Recognizing their costs/benefits – Do they improve or hinder our actions?
3. Coping with the difficulties – How do we deal with them?
4. Developing strategies to maximize the benefits- How do we turn our weaknesses into strengths?

Target group

Undergraduate students and doctoral candidates

Course language

English

Registration

By June 9, 2014 via e-mail to info@ggs.uni-giessen.de