

# ••• curAEducate Webinars •••

curAEducate is offering the following webinars focusing on academic well-being, efficient working and leadership:

Webinar	Duration	Title	Date	Time
1	90min	Overcoming decision paralysis	19th Jan 2026	9am-10.30am
2	90min	Getting the best from your supervisor	27th Jan 2026	9am-10.30am
3	90min	The power of saying No	10th Mar 2026	9am-10.30am
4	90min	Academic burnout	<del>18th Mar 2026</del> <b>NEW DATE:</b> 01.04.2026	9am-10.30am
5	90min	Perfectionism and imposter syndrome	25th Mar 2026	9am-10.30am
6	90min	Developing leadership skills	9th Apr 2026	9am-10.30am
<b>NEW: 7</b>	90min	Social Anxiety in Academia – when interacting is hard	14th Apr 2026	9am-10.30am
<b>NEW: 8</b>	90min	Uncertainty in Academia (and how to embrace it)	28th Apr 2026	9am-10.30am

**Abstracts and Speakers:** see information below

**Where:** online

**Target Group:** Researchers of any career stage; open to all disciplines

**Language:** English

**Registration:** free registration; email to [Cathrin.Nourse@unimedizin-mainz.de](mailto:Cathrin.Nourse@unimedizin-mainz.de) providing the following details:

- Webinar(s) you would like to attend; no limitation – you are welcome to join one, several or all webinars; however, please act in a collegial manner and ensure to attend the webinar for which you registered.
- Position (e.g., PhD Student, PostDoc, Group Leader)
- Full affiliation

## Abstracts

**WEBINAR 1** (19th Jan 2026, 9am-10.30am)

**Overcoming decision paralysis** - Vicent Botella-Soler, PhD

In today's academic environment, researchers face an overwhelming number of choices - ranging from career paths and collaborations to projects and priorities. While having options is often seen as a privilege, the sheer volume of choices can lead to decision paralysis. This webinar explores the roots of decision paralysis, how it manifests (often disguised as procrastination), and offers practical tools to break free from its grip.

**WEBINAR 2** (27th Jan 2026, 9am-10.30am)

**Getting the best from your supervisor** - Vicent Botella-Soler, PhD

Learning to navigate the supervisor-supervisee relationship is critical to positive outcomes in our PhD or Postdoc experience but this dance is not always easy. In this webinar, we will discuss ways to create and foster a healthy relationship, manage expectations, set boundaries, and communicate clearly. We learn to recognise when our assumptions, thoughts and behaviour patterns aren't helping us, to interpret feedback (and not take it personally) as well as to navigate different types of supervisors.

a Clusters4Future Initiative funded by the Federal Ministry of Research, Technology and Space (BMFTR) addressing atherosclerosis and cardiovascular research



## **WEBINAR 3** (10th Mar 2026, 9am-10.30am)

### **The power of saying No** - Desiree Dickerson, PhD

When everything feels like an opportunity, a priority, or an obligation, how do we say no? The truth is we cannot start saying no until we get clear on why we keep saying yes to everything. In this webinar, we explore why we tend to say yes (people-pleasing, scarcity and uncertainty, regret minimisation, path of least resistance, etc.), its consequences (time poverty, exhaustion, loss of self, and loss of joy) and how to start saying no effectively.

## **WEBINAR 4** (18th Mar 2026 9am-10.30am)

### **Academic burnout** - Desiree Dickerson, PhD

In the high-pressure environment of academia, burnout has become an increasingly common challenge. This webinar delves into academic burnout, distinguishing it from mere stress or temporary exhaustion. We will explore the underlying causes and key triggers, such as excessive workload, lack of control, and insufficient support. Participants will gain insights into recognizing the signs of burnout and learn effective strategies to manage and recover from it. We will offer proactive measures to prevent burnout, emphasizing the importance of self-care, balanced workloads, and establishing robust support systems.

## **WEBINAR 5** (25th Mar 2026 9am-10.30am)

### **Perfectionism and imposter syndrome** - Desiree Dickerson, PhD

We often argue that our perfectionism drives us to great heights, to excel, and to maintain our edge. We rarely stop to see the costs it carries. Imposter syndrome distorts the way we see ourselves, our performance, and our capabilities. Both reflect our doubts and fears – fear of being judged, fear of failing, fear of not being good enough, fear of not belonging. In this webinar we discuss the true costs of these doubts and fears, and the extent to which they impact on our productivity, mental clarity, and our joy for what we do. We describe simple ways to notice when our perfectionism or imposter syndrome is tripping us up and strategies to reshape our inner critic to be more objective and more compassionate.

## **WEBINAR 6** (9th Apr 2026 9am-10.30am)

### **Developing leadership skills** - Vicent Botella-Soler, PhD

Developing leadership skills in academia often begins long before anyone is formally a leader (or feels like one!). For many researchers, the PhD and postdoctoral years are the first time they are expected to spearhead projects, teach, motivate, and make decisions that affect a wider team. This webinar offers a foundation for thinking about leadership and decision-making in the context of a team. Rather than focusing on technical management systems, we will explore the importance of clarity, expectations, a good working culture, and navigating uncertainty in research environments. The emphasis will be on developing awareness, broadening the repertoire of responses available, and strengthening the behaviours that support healthy, thoughtful, and sustainable leadership in academia.

## **WEBINAR 7** (14th Apr 2026 9am-10.30am)

### **Social Anxiety in Academia – when interacting is hard** - Desiree Dickerson, PhD

Social interactions are the hardest cognitive exercise we can engage in as humans. They are unpredictable and require us to think 'on our toes,' responding and reacting in milliseconds to many verbal and non-verbal cues. They are also very good for us. They are good for our mental and emotional health and great for flexing our brain to help us achieve peak brain performance. That doesn't make them easy or particularly enjoyable for many of us; sometimes interactions feel really anxiety-provoking. In this webinar we will explore: (1) What social anxiety is (and

isn't). (2) Effective coping strategies and practical tips to navigate social anxiety. (3) Implement strategies for initiating and maintaining conversations through active listening and asking open-ended questions. (4) Explore strategies for challenging negative thoughts and beliefs related to social interactions. (5) Gain insights into preparing for social events, setting realistic goals, planning conversation topics, and practicing self-compassion to ease anxiety.

**WEBINAR 8** (28th Apr 2026 9am-10.30am)

**Uncertainty in Academia (and how to embrace it)** - Vicent Botella-Soler, PhD

Academic life is a precarious one for many people. Contracts are short-term, mobility is expected, and the future often feels outside of our control. We constantly face challenges and change. Often, we don't have the tools and strategies to confront scenarios and decisions riddled with uncertainty. Over time, this can take a toll. Worry, anxiety, self-doubt, can begin to settle in. In this webinar, we explore how to navigate the pervasive uncertainty in academic careers. Participants will learn practical tools to build confidence and adaptability when facing the unknown.

## Speakers

**Desiree Dickerson, PhD**

As a former postdoctoral researcher in the neurosciences and a clinical psychologist, Desiree has worked at both ends of the spectrum - from (lab) bench to bedside. After working in research in New Zealand, Australia, and Austria, she now lives in Spain and helps academic institutions worldwide and academics themselves pursue a healthier approach to research.

**Vicent Botella-Soler, PhD**

Vicent has been a PhD student (physics), a postdoc (neuroscience), a machine learning consultant for startups, and an R&D manager for tech companies. With extensive international experience in academia and industry, he now works as a consultant and author, helping academics and industry professionals snap out of cognitive traps hindering their development. He specializes in critical thinking and decision-making for individuals and teams.