

International cooperation plays a key role in the development of science and education. The PhD Academy recognizes this importance and is therefore expanding its activities beyond the borders of the Czech Republic through partnerships with foreign institutions. Our goal is to provide students with valuable educational opportunities, which is why we are developing new courses featuring contributions from international lecturers. They bring valuable knowledge and diverse perspectives.

What new workshops for PhD students are we currently preparing?

Sam Illingworth, known for conducting various workshops such as [Creating Effective Podcasts](#), [Turning Your Research into Blogs](#), and [Making an Impact with Your Research](#), is a familiar presence among our international lecturers. For the upcoming summer semester, Dr. Illingworth has crafted an exciting workshop on [Communicating Science Effectively](#).

Sam will also be one of the mentors at the third [Scientific Writing Camp](#), which will take place on [April 23–24, 2025](#).

Dr. Sam Illingworth is an expert in science communication and interdisciplinary research. With more than 75 publications and an h-index of 18, he has made a significant impact, engaging stakeholders from policy makers to community groups. Apart from his academic contributions, he is an award-winning poet and game designer. His work has gained widespread media coverage, appearing on platforms like BBC and NPR, and in outlets such as Scientific American, BuzzFeed, and Times Higher Education.

Dr. Illingworth has also conducted successful writing workshops and had his plays performed by prestigious institutions like the Royal Shakespeare Company in the UK.



The next international lecturer is **Desiree Dickerson** who will offer a workshop called **Working Better: how to navigate challenges and enjoy better mental clarity in academia.**

Academia is often approached as a sprint rather than the ultramarathon it truly is, leading to exhaustion and little time for life outside of work. This high-pressure environment fosters self-critical voices demanding perfection and instilling feelings of inadequacy, which can harm our emotional, mental, and physical health. While the academic environment contributes to this unhealthy lifestyle, individuals can adopt strategies to mitigate stress, burnout, and toxic competition.

This workshop offers tools to enhance resilience, well-being, and career sustainability by addressing self-critical inner voices, mindset impacts, maladaptive coping strategies, and reshaping thought and behavior patterns to support personal and professional goals.



Desiree will also facilitate two workshops for supervisors and academic staff. These are called **Conflict management and supporting students through challenging spaces** and **Leading a team – navigating the multiple roles of a supervisor and communicating effectively.**

Dr. Desiree Dickerson is a clinical psychologist who specialises in the mental health and well-being of researchers and the academic community. A former researcher in the neurosciences, Desiree works globally with universities, lab groups, and academics in the pursuit of a healthier, sustainable approach to research.



You really do have a lot to look forward to.

Don't hesitate to sign up, the number of places are **limited!**