



Global cooperation is essential for the development of science and academia. The PhD Academy understands this importance and is expanding its reach beyond the Czech Republic through partnerships with international institutions. To provide our students with valuable educational experiences, we organize new courses that include contributions from international lecturers and provide them with valuable knowledge and perspectives.

## What new workshops are we currently developing for PhD students?

**Sam Illingworth** whom you might recall from several workshops he has taught, such as **Creating Effective Podcasts**, **Communicating Science Effectively**, or **Making an Impact with Your Research**, is a regular figure among international lecturers.

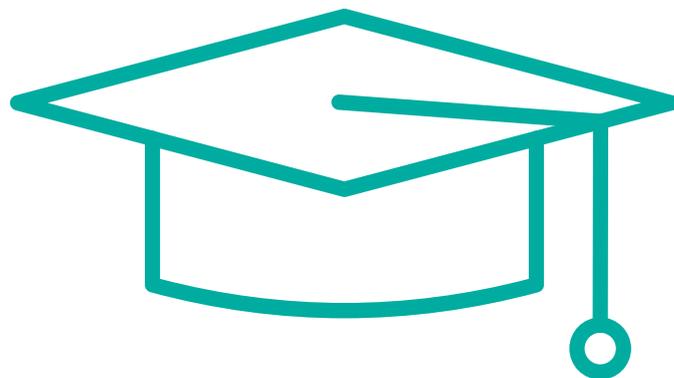
For the upcoming winter semester, Dr. Illingworth has designed an engaging workshop on **Making blogs from your research**.

In this fully interactive session, Dr. Sam Illingworth will explore how to create, maintain, and advertise an impactful and successful blog that can both enhance and benefit your research in the process.

**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.





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.

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

You really do have a lot to look forward to.

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