

Thriving in Academia

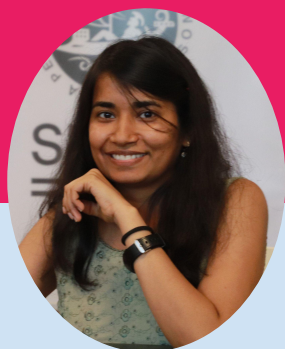
Stress Management and Career Development

Discussion and Insights

- *Enhancing Academic Skills:* Focus on developing critical reasoning skills, improving communication, and fostering effective collaboration among students and early-career researchers.
- *Promoting Well-being:* Emphasize strategies for managing stress, promoting resilience, and practicing self-care to support participants' personal and professional growth.



Our Speakers



Gauri Sharma

Observatory of
Strasbourg &
USIAS, France



Caroline Foster

University of
New South
Wales, Australia



Matthew Colless

The Australian
National University,
Australia



Sedona Price

University of
Pittsburgh, USA



Michael Hilker

European
Southern
Observatory,
Germany

Other Members:

Munashe Manyevere, Michael
Sarkis, Azi Fattahi, Carlos Melo,
Famenontsoa Rakotondrainy,
Ericson López, Subha Majumdar,
Teymoor Saifollahi, Sam Lange &
Michael Hilker



12 August 2024



12h00 until 14h00



TBC

Scan to RSVP

