

Maintain your Motivation

Staying strong during your PhD project

Your PhD should be a wonderful opportunity to enjoy your personal growth, learn a lot, develop or discover new things, and enjoy freedom and creativity. However, many PhD students struggle at some point to maintain their motivation, enjoying their work, and dealing with disappointment.

In this workshop we share which factors give joy and energy, and which factors are difficult to handle. Such factors may be the relationship with your colleagues and supervisors, or dealing with setbacks, experiencing scientific loneliness and a lack of sparring with peers, or time management. Psychological effects such as worrying, feeling tired or having trouble sleeping will also be addressed.

We will adjust the program to your wishes, which you can express in the intake form that we will ask you to fill in before the course.

About ElroyCOM Training

Senior ElroyCOM trainers Paulien Weikamp and Bas Jansen are scientists with a background in psychology. They have over 10 years experience in coaching and training PhD students. ElroyCOM Training was founded in 2005 by Dr. E. Cocheret de la Morinière. ElroyCOM consists of more than 20 excellent and international trainers and training actors. For more information please refer to www.elroycom.nl.

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14.00 – 14.10	Introduction by senior ElroyCOM trainer Bas Jansen
14.10 – 14.30	Making acquaintance and sharing learning goals
14.30 – 14.45	Theory: Introducing the ‘flow model’ of Czikszentmihalyi
14.45 – 15.00	Exercise: defining energy blocks and energy flow
15.00 – 15.15	Plenary discussion
15.15 – 15.30	Coffee / tea break
15.30 – 15.40	Energizer: ‘What moves you?’
15.40 – 15.50	Setting long term goals: the <i>wishing tree</i> technique
15.50 – 16.00	Theory: introducing the core–strength model
16.00 – 16.10	Break: refreshing drinks
16.10 – 16.30	Peer-to-peer coaching: defining personal strengths, incentives, idealism, internal and external blocks
16.30 – 16.45	Making a personal action & motivation plan
16.45 – 17.00	Plenary evaluation