

Beyond Burnout

Building mental and emotional resilience for the Academic journey

Join us in this **2-day workshop** for PhD candidates, postdoctoral researchers & academic staff

Why?

Academic life can be demanding, fast-paced, and emotionally challenging. This workshop offers practical tools to **manage stress**, strengthen **attention**, and build emotional **resilience** for a more sustainable academic journey.

What will you learn?

- Recognise and regulate **stress responses**
- Strengthen **focus** and **attention**
- Work constructively with **difficult emotions**
- Respond rather than react **under pressure**
- Cultivate long-term **emotional resilience**



When?
March 10th & 17th
9.00 - 18.00

Where?
Alte Universität
Besprechung 003
Rheinsprung 9
4051 Basel



Facilitator

Begoña Martinez

Resilience Trainer and Executive Coach

To register contact:
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Beyond Burnout: Building Resilience for the Academic Journey

Alte Universität-Besprechung 003, 10 & 17 March 2026

Day 1 – Attention, Stress & Mindfulness Foundations

09:00 – 09:30 | Arrival & Settling In

09:30 – 10:30 | Slowing Down: From Doing to Being

10:30 – 11:20 | Stress Management & Nervous System Basics

11:20 – 11:40 | ☕ Coffee Break

11:40 – 12:30 | Mindfulness & Grounding Attention

12:30 – 14:00 | 🍽️ Lunch Break (90 min)

14:00 – 15:00 | Science of Attention & the Myth of Multitasking

15:00 – 15:20 | ☕ Coffee Break

15:20 – 16:30 | Mindfulness Model & Work life Applications

16:30 – 17:30 | Integration & Practice Lab

17:30 – 18:00 | Closing Day 1

Day 2 – Emotions, Body Awareness & Resilient Mindsets

09:00 – 09:20 | Arrival & Grounding

09:20 – 10:30 | Working with Difficult Emotions

10:30 – 11:30 | Body Awareness & Interoception

11:30 – 11:50 | ☕ Coffee Break

11:50 – 12:30 | Body Scan Practice & Inquiry

12:30 – 14:00 | 🍽️ Lunch Break (90 min)

14:00 – 15:00 | Respond vs React

15:00 – 15:20 | ☕ Coffee Break

15:20 – 16:30 | Intelligence of Emotions

16:30 – 17:30 | Cultivating a Positive Outlook

17:30 – 18:00 | Integration & Closing