

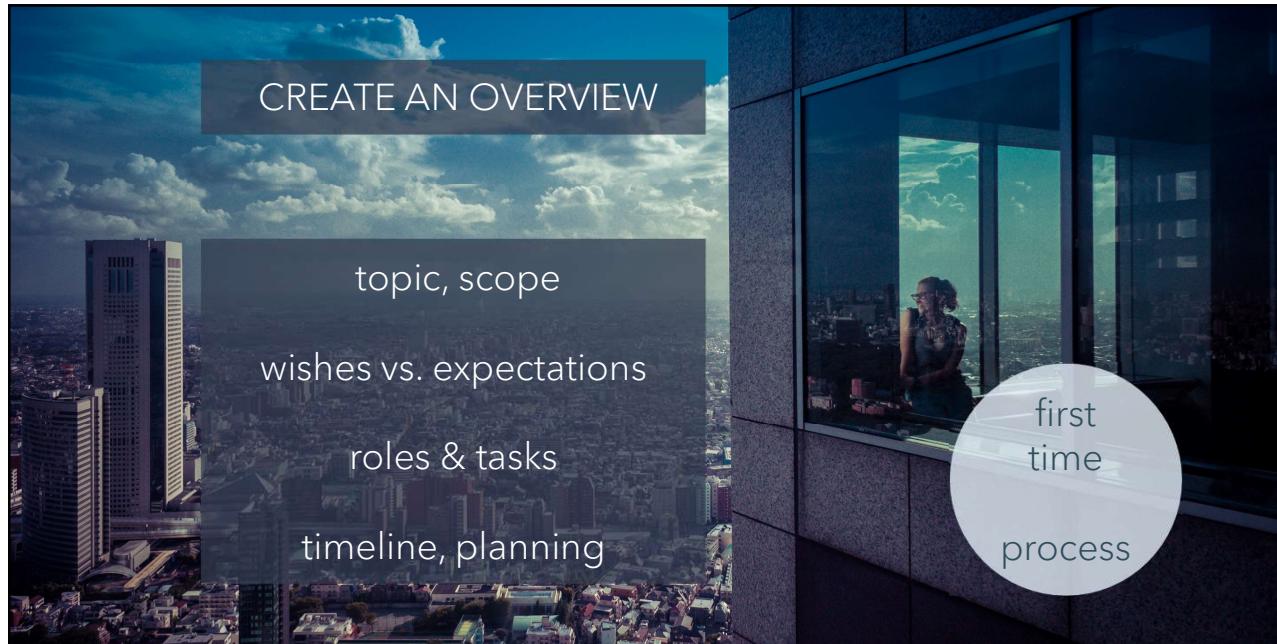


DEALING WITH CLOUDS HANGING OVER YOUR PhD

Joeri Wielandts - HR Learning & Development

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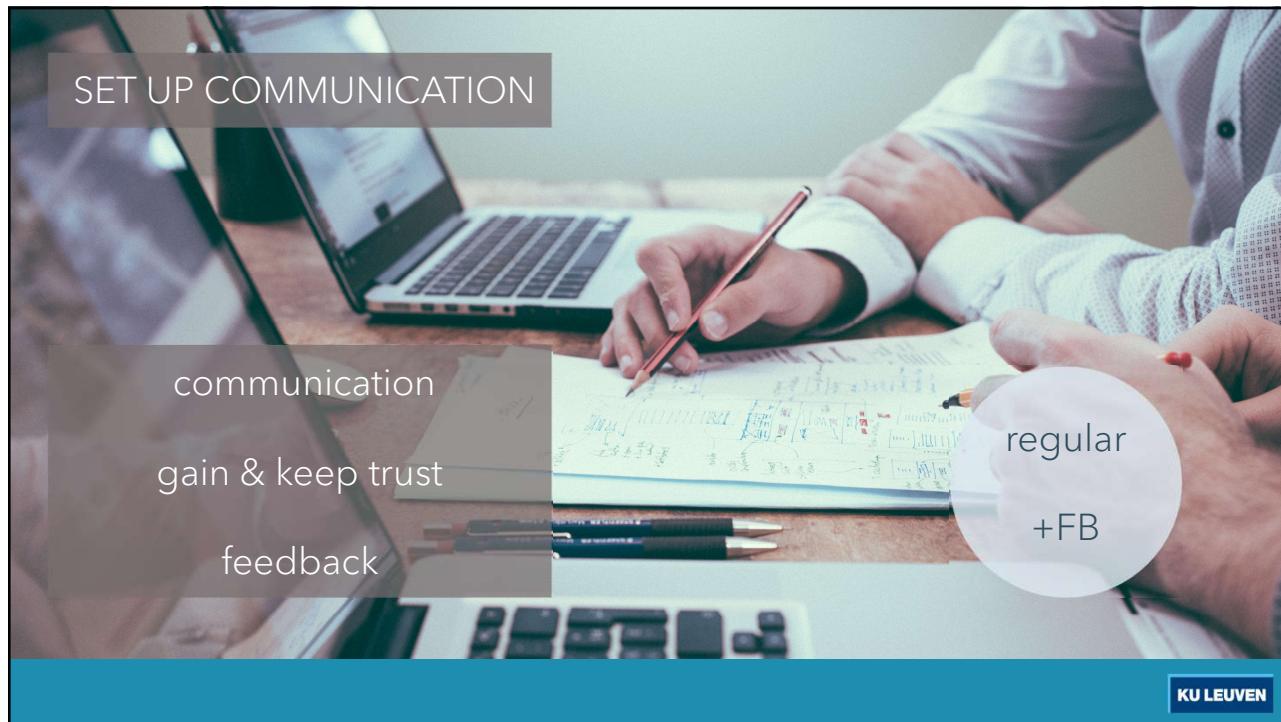
CREATE AN OVERVIEW

topic, scope
wishes vs. expectations
roles & tasks
timeline, planning

first
time
process

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3



4

BUILD SELF-CONFIDENCE

PhD STUDENT

nature of research

set back ≠ failure

cultivate growth mindset

share your stories

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FIND YOUR WORK-LIFE BALANCE

ambition vs. recovery

fulltime vs. parttime

perfectionism
self-doubt

learn to disconnect

lead by example

discuss

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6



7



8

WHAT'S NEXT?

reflect on & discuss
career options

Belgium?
support?

listen to
their
heart

Tip: YouReCa career center

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