

**Tuesday,  
October 12**

**10-11 am PT  
on zoom**

## **SMART SELF-CARE AND PERSONAL GROWTH FOR GRADUATE STUDENTS WITH DR NATALIE LANCER**

Academics traditionally don't speak openly about skills you need to manage yourself, in order to manage your studies. You are the greatest asset of your work. You owe it to yourself to make sure you are in the best possible form when undertaking academic pursuits.

In this workshop, we explore the relationships and tensions between self-care, personal development and academic study.

This is for you if:

- You want to bring your whole self to your work but you are feeling a bit depleted and out of control.
- You want to approach your academic work in the best frame of mind.
- You value taking a pre-emptive approach to burn out and regularly checking in with yourself and others on your well-being.

