

Course in *Motivation, Focus and Self-coaching*

Date: October 24, 2018 (10h-12h)

Organizer: PhD students' committee

Teaching Staff: James Hayton, PhD coaching

Objectives:

In this workshop you will learn techniques to improve your capacity of focusing, filtering and master your mind in order to be more productive and to cope with stress in science.

Place: Egas Moniz building, FMUL/iMM JLA

ECTS: **Vacancies:** Unlimited

Fees:

FMUL/CAML PhD Students	Free
CAML Applicants (IMM/FMUL/CHLN)	Free
Other Applicants	Not Available

APPLICATION DEADLINE 19 October, 2018

To apply please visit: <https://fenix.medicina.ulisboa.pt>

Candidates who already have a CAMPUS account (who are attending or have attended a course at the Faculdade de Medicina), must start the application at <https://fenix.medicina.ulisboa.pt/application> .

To access must log in with the Campus account and then access the Candidate menu (at the top of the page) to start the application.

If you don't remember the username or password of the account click [HERE](#) and follow the instructions for the recovery of the username or password. If you cannot retrieve your username or password through the recovery mechanism, you should send an email to the address suporte@medicina.ulisboa.pt with the following data: full name; student number; course number identification; ID number (BI/CC); External email.

Applicants who do not have access to the Campus account (Fenix) should register [HERE](#).

After creating your account you will receive in your email the username after which can start the formalization of the application in <https://fenix.medicina.ulisboa.pt>.

Detailed Program:

The workshop will take two hours straight.

Workshop sessions: The speaker will present himself and he will provide tools to improve PhD students' capacity of focusing, filtering and master their mind in order to be more productive and to cope with stress in science.

These sessions will be:

- Session from 10h00 to 12h00
- Lunch from 12h30 to 14h: An informal lunch with the speaker will allow for additional questions and a broader conversation.