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Navigating uncertainty during COVID times

Academic life is a precarious one for many. COVID has exacerbated this experience significantly. **In this one-hour seminar, learn how to:**

- Give yourself permission (to be where you are and feel what you feel!).
- Navigate uncertainty and worry.
- Make micro-changes to maintain a solid emotional and mental foundation.
- Fill your bucket when life is constantly emptying it.

Monday, 10 May 2021, 12:00 (s.t.)
(CEST/UCT+2)

The seminar will take place online via Zoom.

Please register [here](#) to participate.

This seminar is co-organised by GenEvo and
SFB 1361.