

PEAK PERFORMANCE

Workshops facilitated by staff from the University Counseling Center and the Academic Life Coaches. These sessions will be offered via zoom.

FRIDAYS AT NOON

September 17th - Perfectionism and Imposter Syndrome

October 1st - Managing Conflict and Relationships in Academia

October 15th - Motivation, Mindset & Effective Goal Setting

October 29th - Performing Under Pressure, Fighting Procrastination, & Increasing Efficiency

November 12th - Finding Work/Life Balance



You do not need to register for all workshops in the series. To register scan the QR code.

This workshop series is designed to promote expert performance by exploring common issues impacting **graduate and professional students and postdocs**. During each session, we will briefly cover theory and research on the topic and provide a space for attendees to discuss their related experiences and to gain support and consultation.



VANDERBILT
UNIVERSITY®

University
Counseling Center