



Strategies for Meaningful and Flexible Goal Setting



Workshop takes place on

Friday, 15 September 2023
14.00 - 17.00.

Registration until
10th September
via zsb@uni-bielefeld.de

Are your goals fear-driven or value-driven?

Goal-setting is an important part of academic journey. Yet, at times our goals can feel too overwhelming and stressful; psychological blocks such as fear of failure, anxiety about future uncertainty can stop you from taking actions and moving forward.

The ZSB invites you to a workshop in English on Friday 15th September 14:00-17:00.

This workshop will address common psychological blocks such as fear and anxiety that can lead to decreased motivation, tasks avoidance and rigidity in thinking

and problem solving. Through interactive exercises, you will learn to reconnect with a sense of value, explore and take flexible actions that are in line with what matters to you. During the workshop, the students will also have the chance to apply the strategy to their current projects.

The workshop will be guided by Kim Dang (MSc Psych) and will be a supportive and confidential space.

Registration until Sunday 10th September via email zsb@uni-bielefeld.de

International and German students are welcome.