



DON'T JUST SURVIVE YOUR PHD. THRIVE.

a safe, compassionate, confidential
space for **WOMEN** graduate
students to share, discuss, explore our
experiences and difficulties with
academic work and life.

In cooperation with the **ZENTRALE
STUDIENBERATUNG (ZSB)**

HOW IT WORKS

This is a **peer-facilitated group** that will meet
weekly.

We will support each other, however the group
does not provide psychotherapy.

The preferred language will be **English**.

CONTACT FOR MORE INFORMATION

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TOGETHER WE CAN

SHARE & VALIDATE

experiences as
graduate students
normalize difficulties
and fight stigma

EXPLORE & REIGNITE

a sense of purpose
and passion

IDENTIFY

resources strategies
and actionable steps

ACT

toward an academic
life that is both
fulfilling and
meaningful

FIRST MEETING

THURSDAY 26th
NOVEMBER 16:00-
18:00

LOCATION To Be
Confirmed

