



Contribution ID: 32

Type: **not specified**

Key skills: Leadership

Wednesday 7 February 2024 15:15 (1h 15m)

As academic leaders, your role is to empower your students and group members and help them tap into their full potential to perform at their best.

The academic environment has specific additional requirements as people work under extremely high uncertainty with long periods of delayed gratification and limited resources. With these specific needs in mind, the aim of this skill-building course is to help you navigate the unique demands of academic leadership with more confidence and impact.

We will explore evidence-based insights on leadership from positive psychology, learning research, and contemporary neuroscience to understand the principles behind effective academic leadership. We will discuss helpful action-based practices (including practices from agile frameworks) that will enable you to communicate and support your students and research group members more effectively.

Depending on the need of the audience, we will be able to investigate topics such as motivation, mindset, emotional competence, communication, feedback, progress tracking, and coaching through challenges.

For further resources or support, reach out to Dr. Nelly Nguyen at nell@appliedlife.is

Presenter: Dr NGUYEN, Nelly (<https://www.nellynguyen.org/de/home.php>)