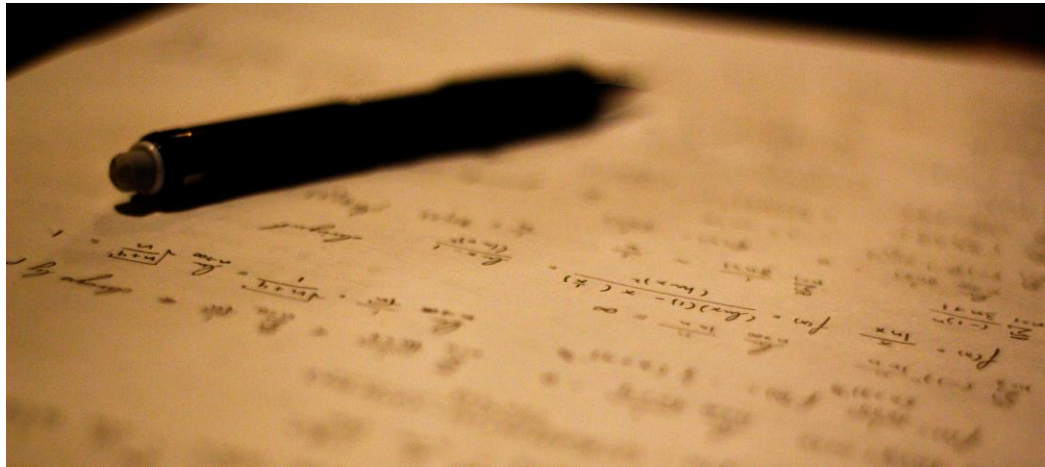


IRB
BARCELONA

INSTITUTE
FOR RESEARCH
IN BIOMEDICINE

Barcelona BioMed Workshops



Mental Health for PhD students

Preliminary Programme (under construction)

- | | |
|---------------|--|
| 10:00 - 10:15 | Introduction of the panel, moderator, and panel members. |
| 10:15 - 11:00 | Part I. Imposter Syndrome, Perfectionism, Procrastination, Fear of Failure, Feeling Lost and Loneliness. Discussion and questions. |
| 11:00 – 11:10 | Break and a mini questionnaire: Let's have coffee together! |
| 11:10 – 12:00 | Part II. Anxiety and Depression, Work Relationships, and Career Uncertainty. Solutions. Discussion and questions. |

Date and Time Tuesday 9 February
10:00 – 12:00

Format ONLINE (restricted to PhD students of the IRB Barcelona community)

Organisers IRB Student Council, PeacehD

Speakers Ana Gutierrez Guillén, Anna Houstecka, Chris Barratt, and Ramón Nogueras Pérez.

Register [here](#)

For more information, see link web <https://bit.ly/39LJRZ1>

BIST