

# People at the heart of the doctorate

## (Taking care of yourself and working with others)

Duration:	2 days
Location:	on your premises / distance
Schedule:	learning to be defined
Group:	5 to 15 people Doctoral
Audience :	students 1 <sup>ère</sup> Marine Pansu/
Trainer :	Laurence Moss

Doctoral students in their 1<sup>ère</sup> year will have to familiarise themselves with a stimulating and demanding environment. In the course of their studies, they will have to deal with previously unknown situations that may leave them in a vulnerable position. It is therefore important for them to be able to identify difficulties and use the appropriate resources to deal with them.

This course provides doctoral students with an understanding of how to build positive relationships with themselves and with others, whether colleagues or superiors, during their studies.

It helps to identify, cope with and mobilise internal resources to resolve human problems in the doctoral experience.

Equipped with the tools to deal with difficult situations, trainees will be able to approach their doctoral experience with greater peace of mind.

The module is essentially practical, and the trainer will facilitate role-playing exercises. This module is available in French or English

### Overall educational objective

- Develop a positive relationship with yourself and your environment.

### Specific educational objectives

- Benefit from a free and sympathetic forum to discuss the difficulties encountered during your doctorate.
- Knowing how to identify and name the problems encountered
- Testing methods for solving complex problems and managing conflicts
- Knowing how to mobilise the relevant internal resources and services to deal with a problem or conflict
- Prepare the "technical and human problems of the monitoring committee" section

## Teaching method

- Analysis of needs to respond specifically to the problems encountered by the group
- Adaptability
- Active and sympathetic listening
- Facilitating collective intelligence

Doctoral students will leave with an educational pack containing practical tools and a brochure presenting the university's internal services.

## Programme

- 1- GROUP REVIEW: Time to share experiences and listen to others
  - Getting to know yourself and others in the doctoral environment
  - Putting your difficulties into words and using active listening to hear those of others

Group workshop: Saying and listening

- 2- IDENTIFYING PROBLEMS AND DIFFICULTIES
  - Stress management
  - Managing emotions
  - Imposter syndrome
  - Self-affirmation
  - Communication
  - Conflict management
  - Exhaustion
  - Burn-out
  - Harassment
  - Discrimination

Workshops to identify the problems and difficulties encountered in the doctoral process

- 3- TESTING TECHNIQUES FOR SOLVING COMPLEX PROBLEMS AND CONFLICT (select as required)
  - Co-development
  - CPS (Creative Problem Solving)
  - Conflict tree
  - Why Detective
  - Non-violent communication
  - Practical advice and tests of stress management and assertiveness tools
  - Mobilisation and appropriate choice of internal resources and services (mediation centre, harassment referent, discrimination unit, etc.)
  - Understanding the level of classification of problems in the pyramid of French law

- Role-playing between doctoral students and PhD supervisors and doctoral students and Thesis Monitoring Committee (CST)

Role-playing workshops to put the tools into practice