

Managing pressure in work and life for international scientists

GB280

The training is for international scientists who have to face a variety of challenges: high expectations, career uncertainty and a new social and cultural environment.

The training teaches effective stress management methods and offers the opportunity to connect with other scientists in the same situation.

The following topics are covered:

- Stress Awareness
- Cognitive Coping Strategies
- Behavioral Coping Strategies
- Regeneration
- Social Support and Communication
- Career Resilience

The event takes place at FTU

Duration: 1 day

DATES, PRICES AND BOOKING OPTIONS

➔ [to the current schedule and booking options](#)

Planned Dates:

16.01.2026

390 EUR

(1) Änderungen vorbehalten

CONTACT AND ADVICE

Administration:

Paula Seipenbusch, ➔ [Kontakt](#)

Advice on content:

Elisabeth Gillich, ➔ [Kontakt](#)

INFORMATIONEN

➔ soft-skills@ftu.kit.edu

➔ [Übersicht Themenbereich](#)

[20000647] 07.07.2025