



Ministero
dell'Università
e della Ricerca



UNIVERSITÀ
DI TRENTO

Promoting Well-being in Early Academic Career Stage

The **Psychological Counseling Service** of the University of Trento offers a program dedicated to promoting well-being and addressing the emotional challenges often encountered in the early stages of an academic journey. Through experiential techniques, body awareness, and breathing exercises, the sessions will focus on imposter syndrome as well as feelings of anxiety and inadequacy commonly associated with early academic careers, with the aim of strengthening confidence in one's own resources.

The program is led by **Dr. Federica Meconi**, psychologist, psychotherapist, and Associate Professor at the Department of Psychology and Cognitive Science. She will guide participants through a journey of experiential practices, mindful listening to the body, and breathing techniques.

The initiative is free and reserved for PhD students and post-docs of the University of Trento. Scan the QR code to find out more about the initiative and how to register.



 The initiative consists of 8 sessions (1h30 each).

 Multimedia Room (Experiential Learning Lab), ground floor of Palazzo Fedrigotti, Rovereto.

 The number of participants is limited.

Organized by the Psychological Counseling Service of the University of Trento and funded by the Ministry of University and Research - Project PRO-BENE-COMUNE-2.0 (PROmozione del BENEssere della COMunità UNivErsitaria 2.0).

