

The ambition of the BONUS sponsored young scientist activities and training opportunities, is to promote the creation of networks of tomorrow's leading Baltic Sea scientists across disciplines in the early stages of their careers. bonusportal.org/ys



BONUS

SCIENCE FOR A BETTER FUTURE OF THE BALTIC SEA REGION

For young scientists attending the Baltic Sea Science Congress 2015:

Seven secrets of extremely successful researchers

The 10th Baltic Sea Science Congress, 15 June 2015, 16.30-18.30, University of Latvia, Riga

What do research students do to finish on time, to overcome isolation, doubt and writer's block, and to enjoy the process? And just as importantly what do they do in order to spend guilt-free time with their family and friends and perhaps even have holidays? If this sounds appealing, then this workshop will be of particular use to you.

Based on research and experience with thousands of PhD students and post-docs, this workshop describes the key habits that make a difference on how to quickly and easily complete your research. Just as importantly, these habits can greatly reduce the stress and increase the pleasure involved in research. The following key areas are covered:

- how you deal with your supervisor
- how you structure your study time
- your attitude to your research
- dealing with writer's block or having difficulty writing
- getting the help you need when you are stuck
- juggling multiple commitments and never having enough time
- keeping on going when the going gets tough

This inspiring afternoon workshop will be followed by the next BONUS Young Scientist Club get-together, including dinner, hosted by the young scientists and students of the University of Latvia, all free-of charge! Further information to follow.

About the presenter:



Hugh Kearns (Flinders University, Australia) is recognised internationally as a public speaker, educator and researcher. He regularly lectures at universities across the world and has recently returned from a lecture tour of the UK and the US which included lectures at Oxford, Harvard and Stanford. His areas of expertise include self-management, positive psychology, work-life balance, learning and creativity. He draws on over twenty years of experience as a leading training and development professional within the corporate, financial, education and health sectors in Ireland, Scotland, New Zealand and Australia. He has coached individuals, teams and executives in a wide range of organisations in the public and private sectors. As a co-author with Maria Gardiner, he has published six books which are in high demand both in Australia and internationally. thinkwell.com.au



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