

## Master your Physics



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## Conversations on a Healthy Work Environment (Amsterdam only)

*Thursday 17 June 2021 19:00 (2 hours)*

Despite many students and academics experiencing issues related to mental health at some point during their career, few people dare to open up about their struggles. As a consequence of this stigma, some people hesitate to actively seek the help they might need - even though the FNWI offers an extensive support system.

Together with our panel, we will try to lead an open and honest conversation about common mental health issues in academia. Our ultimate goal will be to de-stigmatise the topic of mental health and to foster a healthier work environment among students and staff. In particular, we will talk about:

- High Performance Pressure & Work-Life-Balance
- Coping with Learning Differences and Difficulties
- Effects of the Covid Pandemic on Learning and Mental Health

To approach these sensitive topics with a certain degree of confidentiality, this session will be reserved exclusively for Amsterdam students and staff. Every member of the audience will be asked to respect the code of conduct, laid out at the beginning of the session. Moreover, neither recordings nor late entries will be permitted.

**Presenters:** VAN DER SCHAAR, Jan Pieter; VAN MAMEREN, Joost; RIETH, Lizzy; BIRSAK, Mailis; BETTAQUE, Valerie