

Kite-mentoring training

Get resilient! Resilience for Scientists

Date: Thursday 25.09.2025 (9:00 – 17:00)

Location: Faculty of Engineering, Univ. Freiburg, Georges-Köhler-Allee, building 080 - seminar room

Invited trainer: Francesca Carlin (Berlin) - <https://www.francescacarlin.com/>

Registration: <https://terminplaner6.dfn.de/p/c95f02d5c76f5c91d4292945886868f6-1100618>

1. Context

Resilience has been proven to help people not only succeed but also to thrive when facing obstacles and stress. Managing change, pressure and perceived failure is a challenge and can often leave us feeling low on emotional and mental resources, but thankfully resilience and grit are a set of skills and tools that can be learned and trained.

This workshop focuses on identifying and building the elements that make us mentally and emotionally resistant to stress and pressure. Participants will learn skills for emotional regulation, sharpen their emotional awareness, gain techniques to reduce anxiety and stress, and understand how to use reframing strategies to turn threats into manageable challenges.

2. Workshop Description

2.1. Learning Outcomes

After the workshop, participants will...

- Understand the elements that make resilience.
- Be able to implement tools from cognitive behavioral coaching and positive psychology to manage stressful situations.
- Have techniques to regulate their emotions.
- Be able to utilize re-framing strategies in order to gain a new perspective and understanding of situations.
- Have tools to help them deal with perceived failure.

2.2 Approach

This workshop is designed to reach the target aims through meaningful practice, individual and group activities, theater-based exercises and exercises informed by positive psychology and cognitive behavioral coaching.

2.3 Covered Topics:

Defining Resilience:

- Identification of the elements that make up resilience.

- Thriving and not just surviving.

Self-Awareness & Self-regulation

- Awareness of our thoughts, emotions, and reactions.
- Techniques for self-regulation.

Mental Agility

- Looking at situations from multiple perspectives.
- Reframing techniques.
- Problem solving: finding multiple solutions.

Optimism

- Turning stressors from threats into manageable challenges.
- Learned Optimism.
- The power of positive emotions

Self-efficacy & Connection

- Identifying strengths and learning to “lean into them”.
- Understanding where we are effective.
- Connections & communities that support or erode resilience.