

## Kite-mentoring Lunch Talk

### From Chaos to Clarity: Finding Focus Through Mindful Writing

**Date:** Tuesday 18.11.2025 (12:00 – 13:00)

**Location:** online (link will be provided to registered participants)

**Invited trainer:** Marie-Christine Alberts (University of Freiburg – Neuere Deutsche Literatur)

**Registration:** <https://terminplaner6.dfn.de/p/25a97618c83bef6c191d358174911ab3-1232333>

In today's fast-paced and challenging world, the ability to focus is a main prerequisite for success. Research has shown that mindfulness practice can increase concentration and thereby contribute to better performance in the workplace. Sharpening your focus may not only help you save time, but also improve your overall well-being.

The aim of the talk is to offer insights into the connection between mindful writing and concentration. You will get to know the power of writing as a mindfulness practice that helps improve your mental clarity and cultivates deep focus. By practicing mindful writing, you can think clearer, write better, communicate more precisely, reduce workplace stress, and create a more balanced, productive environment.

Whether you are a PhD candidate, a postdoc, or employed outside university, this talk will provide you with both theoretical knowledge and practical techniques you can use in everyday life.

What to expect:

- Learn the principles of mindful writing and how it can help you stay present.
- Discover simple exercises that will enhance focus, reduce distractions, and boost productivity.
- Understand how mindful writing can help with stress management and emotional clarity.
- Explore how incorporating mindfulness into your work routine can improve decision-making, creativity, and overall job performance.