

# THE PSYCHOLOGY OF PEAK PERFORMANCE WORKSHOP SERIES FOR ALL GRADUATE AND PROFESSIONAL STUDENTS AND POSTDOCS

This workshop series is designed to promote expert performance by exploring common issues impacting graduate and professional students and postdocs. During each session, we will briefly cover theory and research on the topic and provide a space for attendees to discuss their related experiences and to gain support and consultation.

## WHEN

Fall 2019, Fridays  
12:30 pm – 1:30 pm

September 6	Session 1: Perfectionism and “Imposter Syndrome”
September 20	Session 2: Motivation, Mindset & Effective Goal Setting
October 18	Session 3: Performing under Pressure, Fighting Procrastination & Increasing Efficiency
November 1	Session 4: Managing Conflict and Relationships
November 15	Session 5: Finding Work/Life Balance

## WHERE

Center for Student Wellbeing

House opposite the Student Health Center

*for all sessions, except September 20 which will be in Alumni Hall Café.*

**SIGN UP:** for sign up links, go to:

<https://gradschool.vanderbilt.edu/gradlife/programming.php>

## RSVP

### REQUESTED:

Space is limited to 15 people per session

## LUNCH

### PROVIDED

or feel free to bring your own lunch

## OFFERED BY

The University Counseling Center in conjunction with The Graduate School and The Graduate Leadership Development Institute

*Many thanks to the Center for Student Wellbeing for the meeting space*

## FACILITATORS

Nalini Conner, Ph.D., HSP, Psychologist, UCC

Stacey Satchell, MS.Ed, MA, MA, Graduate Life Coach, The Graduate School

Ciera Scott, Ph.D., HSP, Psychologist, UCC