

The Psychology of Peak Performance

**A workshop series for all Graduate & Professional Students and
Postdoctoral Scholars**

**Offered by the Psychological and Counseling Center,
in conjunction with the Graduate School.**



Facilitator: David Sacks, PhD, HSP

Time/Day: Wednesdays 12:00-1:00 in September

Location: Alumni Hall Room 010, Conference Room

Topics and Dates:

- **9/6 Perfectionism and the “Imposter Syndrome”**
- **9/13 Motivation and Mindset**
- **9/20 Performing under Pressure**
- **9/27 Managing Conflict and Relationships**

This workshop series is designed to promote expert performance by exploring common issues impacting graduate and professional students and postdoctoral scholars. 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.

**This is an open group, so no sign-up is necessary.
Simply drop by to any session of interest to you.**

For more information: e-mail david.n.sacks@vanderbilt.edu or call (615) 322-2571