

Workshop 11: Self-care – Developing Powerful Habits for Productivity and Focus

Date: Thu, 08.10.2026, 9.00–12.30 h

Room: Zoom

Trainer: Mark Edwards

Max. 12 Participants

Workshop Description

The final phase of the doctorate is full of duties, responsibilities and commitments. This workshop will provide the framework to create the ideal conditions to succeed and focus, understanding your own needs and managing the expectations of others. After this workshop you will have the techniques and information you need to develop helpful habits to increase your productivity.

Content:

- Identifying your personal success factors
- Habits for success
- Techniques for productivity
- Detecting and preventing problems that may develop during the doctorate – with resolutions
- Staying motivated
- Developing clear goals for your doctorate and beyond

Trainer

Mark Edwards began his career by co-founding and operating a successful marketing and graphic design business. Following this, Mark gained more than fifteen years' experience of working at brand management level in blue-chip companies (British Petroleum, GlaxoSmithKline) and as a National Training Manager for a network of over 300 small and medium-sized businesses. Since 2010, Mark has been successfully delivering specialised English courses in Germany in association with Kompetenzia International. Clients include major universities and research institutes in Berlin and all over Germany.