

Workshop: Making Good Decisions

Date: Tue, 05 March 2026, 9:00–10:30 h
Location: Online via ZOOM
Target group: Postdocs from all research fields of the UA Ruhr Universities
Trainer: Vicent Botella-Soler, PhD
Registration deadline: 19 February 2026
Contact for organizational questions: ursula.justus@rs.ruhr-uni-bochum.de

» Please register at: <https://eveeno.com/170049196>

Description

Given that we always have limited information and are largely unable to predict the future (the long-term consequences of our actions, our future desires and emotions), how do we define a good decision?

Let's discuss how to make sensible decisions in the face of uncertainty, with concrete examples relating to the academic experience.

We will discuss, among other things, how to unpack a decision, the role of short-term emotion, and the paradoxical benefits of constraints.

Trainer

Vicent Botella-Soler, PhD holds a PhD in physics and has been a Postdoc in neuroscience. He helps academics and industry professionals snap out of cognitive traps and long-held beliefs. He specializes in critical thinking and decision-making for individuals and teams.