

## Becoming a Resilient Scientist Workshop and Facilitated Discussion Series Spring 2021

We are pleased to announce a pilot resilience training program hosted by the UW-Madison School of Medicine and Public Health (SMPH) in collaboration with the NIH Office of Intramural Training and Education (OITE) and sponsored by the NIH/NIGMS Division of Training, Workforce Development, and Diversity.

**Introduction:** Navigating school, the career exploration process, research environments, and the stress of life can seem overwhelming and lead us to doubt ourselves just when we need confidence the most. NIH OITE has developed a seminar series to help students develop the resilience needed to navigate challenging situations in school, work and life.

SMPH has partnered with NIH OITE to offer their series of six resilience training webinars to students in several UW-Madison graduate programs. The webinars will highlight emotional intelligence competencies needed for academic success and for thriving in research and healthcare careers. While students may participate in any of the webinars, it is best to participate in the entire series as the material relates and concepts will be developed throughout the series.

For students interested in a deep dive into resilience, we will also create small groups to explore the webinar topics in facilitated discussions. We will discuss the cultivation of skills to help you realize resilience and identify and deal with obstacles that get in your way. Discussion group participants will watch each of the webinars and journal or reflect upon the resilience tools and strategies presented prior to the confidential small groups discussions in the following week. Participants who attend all six small group meetings and complete the evaluation survey of this pilot program will be awarded a certificate of completion by the NIH.

**Format:** This series is divided into six modules. Each module follows this pattern:

- Week 1: NIH will present a 2-hour webinar on either Monday or Tuesday. These are presented live 1-3pm or can be watched later on your own time.
- Week 2: Attend a 1-hour facilitated small group discussion (max of 18 students) to discuss the tools, strategies and lessons learned in each topic. Webinar attendance is a pre-requisite for participation.
- Week 3: No scheduled activities.

*(Notes about the small groups: Small groups will be led by UW facilitators. Because this is a pilot program from the NIH intended to train our facilitators, an observer from the NIH will be attending all small group discussions. All participants must agree to adhere to a confidentiality statement that guarantees that the small group discussions are safe spaces for open dialogue and will not be recorded. )*

**How to Participate at UW:** All students are welcome to register/attend the webinars. At this time, we will only hold two small group discussions, each capped at 18 participants.

1-2:30pm Mondays (2/1, 2/22, 3/15, 4/5, 4/26, 5/17)

9-10:30am Tuesdays (2/2, 2/23, 3/16, 4/6, 4/27, 5/18)

One of these groups will be set up with an expectation that registrants commit to attending all six modules. The other group will be available for students to register on a module-by-module, first-come-first-served basis with the understanding that only those who attend the webinar will be able to register.

Please indicate your interest in participating in this series here: <https://forms.gle/626DhKctmYrQpEoA6>

## Complete Schedule for the Resilient Scientist Series

### **Module 1: An introduction to wellness and resilience**

We all experience setbacks and disappointments in science, work, and life. In this webinar, we will look at seven key elements of resilience with a focus on building habits that promote healthier responses and resilient behaviors in the face of set-back in educational and work environments.

- **Webinar Date:** Tuesday, January 26
- **Time:** 1:00 to 3:00 pm CT
- **Webinar registration link:**  
[https://nih.zoomgov.com/webinar/register/WN\\_gLRPaWKeSYS1Z7Qd5W9kcw](https://nih.zoomgov.com/webinar/register/WN_gLRPaWKeSYS1Z7Qd5W9kcw)
- Webinar can be watched live OR recording can be watched before small group discussion.
- **Small Group Discussion Group A:** Monday, February 1, 1-2:30pm CT
- **Small Group Discussion Group B:** Tuesday, February 2, 9-10:30am CT

### **Module 2: Exploring our Self-Talk: Cognitive Distortions and Imposter Fears**

We tell ourselves stories about what is happening to us and around us. In this webinar we will explore how our self-talk is generated and look at ways our self-talk can either help us be more resilient or how it can hurt us and hold us back. We will look at two important elements of our self-talk, cognitive distortions and imposter fears and explore ways to recognize internal messages and input from others that distorts our views of our abilities and accomplishments.

- **Webinar Date:** Tuesday, February 15
- **Time:** 1:00 to 3:00 pm CT
- **Webinar registration link:**  
[https://nih.zoomgov.com/webinar/register/WN\\_14aL6a-cTIOBLGkWZTQDHA](https://nih.zoomgov.com/webinar/register/WN_14aL6a-cTIOBLGkWZTQDHA)
- Webinar can be watched live OR recording can be watched before small group discussion.
- **Small Group Discussion Group A:** Monday, February 22, 1-2:30pm CT
- **Small Group Discussion Group B:** Tuesday, February 23, 9-10:30am CT

### **Module 3: Emotions and Emotional Intelligence in the Workplace**

Emotions can play a critical role in how we communicate, navigate relationships, and manage conflict. In this webinar we will discuss Emotional Intelligence and emotions and how they influence our resilience as scientists.

- **Webinar Date:** Monday, March 8
- **Time:** 1:00 to 3:00 pm CT
- **Webinar registration link:**  
[https://nih.zoomgov.com/webinar/register/WN\\_2swTwFleRnypo0TQucCFvA](https://nih.zoomgov.com/webinar/register/WN_2swTwFleRnypo0TQucCFvA)
- Webinar can be watched live OR recording can be watched before small group discussion.
- **Small Group Discussion Group A:** Monday, March 15, 1-2:30pm CT
- **Small Group Discussion Group B:** Tuesday, March 16, 9-10:30am CT

### **Module 4: Self-Advocacy and Assertiveness for Scientists**

We all need to develop the skills needed to be assertive and to advocate for ourselves, especially in hierarchical environments where we sometimes feel we do not have a voice. In this webinar, we will discuss how to set boundaries, communicate expectations, ask for feedback and discuss difficult issues with friends, mentors, colleagues and supervisors.

- **Webinar Date:** Tuesday, March 30
- **Time:** 1:00 to 3:00 pm CT
- **Webinar registration link:**  
[https://nih.zoomgov.com/webinar/register/WN\\_1PbO1nnTTPyCkxyipT6jeA](https://nih.zoomgov.com/webinar/register/WN_1PbO1nnTTPyCkxyipT6jeA)
- Webinar can be watched live OR recording can be watched before small group discussion.
- **Small Group Discussion Group A:** Monday, April 5, 1-2:30pm CT
- **Small Group Discussion Group B:** Tuesday, April 6, 9-10:30am CT
- **Time:** 2:00pm to 3:00 pm

#### **Module 5: Developing Feedback Resilience**

We all need feedback to grow and learn but we often become defensive and are unable to learn from the feedback we receive, even if it is delivered well. In this webinar, we will talk about why receiving feedback is so difficult and explore ways to stay calm and engaged when receiving feedback. We will also talk about giving feedback in a calm and assertive way so that our voice can be heard.

- **Webinar Date:** Tuesday, April 20
- **Time:** 1:00 to 3:00 pm CT
- **Webinar registration link:**  
[https://nih.zoomgov.com/webinar/register/WN\\_W8qcY2v-Q2y3\\_bESIPmfHw](https://nih.zoomgov.com/webinar/register/WN_W8qcY2v-Q2y3_bESIPmfHw)
- Webinar can be watched live OR recording can be watched before small group discussion.
- **Small Group Discussion Group A:** Monday, April 26, 1-2:30pm CT
- **Small Group Discussion Group B:** Tuesday, April 27, 9-10:30am CT

#### **Module 6: Managing Up to Maximize Mentoring Relationships**

We all need mentors to support and encourage us throughout our educational and career journey. In this webinar, we will talk about the mentoring relationship in research environments with a focus on improving your relationship with your PI, finding mentors and on improving communication and interpersonal interactions. The webinar will help clarify what you need from your supervisors and mentors and address how to get what you need from these important interactions.

- **Webinar Date:** Monday, May 10
- **Time:** 1:00 to 3:00 pm CT
- **Webinar registration link:**  
[https://nih.zoomgov.com/webinar/register/WN\\_gwcbKET\\_SvWPvaeWa7f7OA](https://nih.zoomgov.com/webinar/register/WN_gwcbKET_SvWPvaeWa7f7OA)
- Webinar can be watched live OR recording can be watched before small group discussion.
- **Small Group Discussion Group A:** Monday, May 17, 1-2:30pm CT
- **Small Group Discussion Group B:** Tuesday, May 18, 9-10:30am CT