**Becoming a Resilient Scientist**

**BioE and Project ENGAGES** are offering a program developed by the NIH OITE office for biomedical/bioengineering graduate students to help you develop the confidence and resilience you need to navigate challenging situations in school, work, and life. A small group (20, 2 groups of 10) of graduate students will meet 6 times between January-April 2022 with the course facilitators to discuss a webinar viewed on their own prior to the meeting.

**Program Goals:**
- Increase your resilience with a specific focus on academic and research environments
- Develop your interpersonal and emotional intelligence skills needed for success

**Provide a place for trainees to cultivate skills and discuss:**
- Resilience strategies learned in the lectures
- Integrating strategies learned into school, work and life
- Life, career, research, school and pandemic stress in a facilitated setting

**Expectations:**
1. Required attendance at 6 in-person group meetings (1 hr each).
2. Prior to the in-person group meeting, watch the provided webinar asynchronously (2 hrs each).
3. Complete surveys to facilitate evaluation of the curriculum.

*A confidentiality statement and agreement will be made at the beginning of each session to guarantee that this is a safe space and meetings will not be recorded.*

**The 6 discussion group meetings will cover the following topics:**
1. Intro to wellness and resilience
2. Cognitive distortions, imposter fears and stereotype threat
3. Emotional intelligence and emotion in the workplace
4. Self-advocacy and assertiveness for scientists
5. Developing feedback resilience
6. Maximizing mentoring relationships

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**Georgia Tech Facilitators:**
- Laura Paige
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- Lakeita Servance
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**Target Participants:**
Preference will be given to graduate students and postdocs in the early/middle stage of their tenure at Georgia Tech.

**Application Deadline:**
5:00pm Wednesday, December 1, 2021

**Bioengineering.gatech.edu**
**projectengages.gatech.edu**
**ibb.gatech.edu**

https://forms.office.com/r/Xb65LRRZPC