

Distilling joy

in the research workplace

Researchers! Graduate students!

Do you experience so much pressure to perform that it builds up and impedes your progress?

Are you frustrated by finding so little time to do research?

Are you ready to use your emotional and intellectual intelligence to build a more fulfilling and successful life?

Join us for an invigorating trio of 3-hour workshops aimed at renewing joy in the research workplace and beyond

Discover how researchers and graduate students from all disciplines can learn to achieve more balanced, harmonious, and satisfying professional and personal lives. Specific habits of mind* encourage innovation and engagement. You'll discover that these principles—your basic equipment—are profoundly human. In these workshops you will learn and practice new ways to address your personal and organizational challenges. Exercises allow participants to work on their organizational contexts and reflect on their own questions.



When

Curiosity & Vision:
September 27, 1-4pm

Listening & Courage:
October 16, 1-4pm

Compassion & Integrity:
November 22, 1-4pm

Where

Montreal Neurological
Institute,
Bell room
3801 rue University,
Montreal, QC H3A 2B4



Offered by

Joan Butterworth
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Facilitator & Process consultant



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Free enrollment: bit.ly/distilling_joy

*Based on critically acclaimed book by Roel Snieder and Jen Schneider's: The Joy of Science: Seven Principles for Scientists Seeking Happiness, Harmony, and Success