

Tuesday, 9th March 2021 | 1-2 pm | online

Desiree Dickerson. PhD Shifting the Spotlight

This pandemic has brought many of our work and lifestyle choices into sharp focus. People are starting to question their purpose and where they find meaning in their lives. In this webinar, we explore:

- Using our values as a compass.
- Shifting the spotlight, seeing the light in the cracks.
- Connection in a time of isolation.
- Supporting others.



Desiree Dickerson PhD is a clinical psychologist who specialises in the mental health and well-being of the research community. As a former postdoc in the neurosciences, Desiree works globally with universities, lab groups, and academics in the pursuit of a healthier, sustainable approach to research.

She has also contributed to the dialogue around mental health and well-being in academia through pieces in Nature & Science [commentary article](#)

More: www.desireedickerson.com

Note: this is a 45 min seminar + 15 min Q+A

The Postdoc Lunch is an informal meeting of postdoc scientists in temporary employment at GEOMAR. The Postdoc Lunch takes place every two weeks on Tuesdays from 1:00 to 2:00 pm. At present only virtual. Information about the room will be communicated timely via the PACT-mailing list. At each meeting, there will be a 20-minute information talk on "What every postdoc should know" followed by time for questions and general exchange. Our new postdocs will be introduced and welcomed. More: www.geomar.de/en/pact0 | Contact: pact-info@geomar.de