Build Your Inner Team

... exploring mindset and beliefs
Monthly Mini-Workshops

✗ Monthly sessions to support you in staying motivated and healthy & allow you to connect

✗ ABC – Structure
  – Arrive – get focused and fully present
  – Build – learn new strategies and deepen your skills
  – Connect – with others and enjoy social activities

17 February
17 March
21 April
19 May
16 June
21 July

Image: Pexels
ARRIVE
Arrival Activity: Look Around
What’s our inner team?

✗ Inner voices (= beliefs) we have about ourselves and things around us (e.g., money, success, …)

Inner saboteur (limiting beliefs)

↔

Inner allies
Let’s Play

https://www.youtube.com/watch?v=_bnnmWYl0IM&t=3s
Limiting Beliefs

✗ Limit our perception

✗ Might make us “overlook”, decline or ignore opportunities

✗ Limit what we believe is possible for us

✗ Form throughout life, reinforced by experience
Limiting Beliefs – Examples

✗ “I am not good enough”

✗ “I am too old/too young”

✗ “I don’t have enough credentials/experience”

✗ “I am too quiet/too loud/too ...”
Limiting Beliefs as Self-Fulfilling Prophecies

I am not good enough...

I knew it, I am just not good enough...

So I better do not even try

seeing others succeed & social comparison
Limiting Beliefs = Our Saboteur

✗ “Sabotages” us by preventing us to explore more

✗ Often also fulfills a function, e.g., trying to keep us safe

✗ We can visualize our saboteur and learn more – to be able to identify when our saboteur is speaking and decide how to deal with that
Meet Your Saboteur

✗ Find a comfortable position

✗ Turn your attention inwards for this exercise

✗ Choose your style:
  – Closed eyes, exploration in your mind and body
  – Open eyes, exploration through taking notes
Your saboteur

- What is the saboteur saying to you?
- What does the saboteur sound like?
- What does the saboteur want for you?
- How does the saboteur serve you?
- And what does it cost you?
- What does it look like?
Let’s shake the saboteur off and take a mini break
Empowering Beliefs

✗ Strengthen our confidence and empower us

✗ Make us more open to see opportunities and believe in ourselves

✗ Allow us to align with our values and flourish

Get rid of this box and explore
Empowering Beliefs – Examples

✗ “I can do it”

✗ “I am strong”

✗ “Things will work out somehow”

✗ “I am calm and grounded”
Positive Self-Fulfilling Prophecies

I can do it...

So I try

I really can do it...

I experience success
Empowering Beliefs = Inner Allies

✗ Empower us to trust ourselves and be brave

✗ Their exact shape, form and message depends on what we need to hear more often, e.g.:

- Optimist
- Zen master
- Playful child
- Curious puppy
- Wise elder
Meet Your Inner Ally

✗ Find a comfortable position

✗ Turn your attention inwards for this exercise

✗ Choose your style:
  – Closed eyes, exploration in your mind and body
  – Open eyes, exploration through taking notes
Your inner ally

• What is this ally saying to you?
• What does this ally sound like?
• What does this ally want for you?
• How does this ally serve you?
• What does it look like?
• How can you access this ally?
Use Your Inner Team

✗ Notice when the saboteur is speaking
   – Sideline it, put in a box, ...

✗ Consciously invite your ally or allies
   – Activate them when needed
   – Use objects, visuals, names for easy access
CONNECT
Support at Uni Bremen

The Welcome Center supports researchers and their families during their stay in Bremen.
For more information concerning mental health please have a look [here](#).

BYRD is the central contact point for doctoral candidates, post-docs as well as established researchers seeking for information and support for further training, networking and consulting. Find out more [here](#).
Support at Uni Bremen

Workplace Health Management (WHM)

More information on the workshop series [here](#).

More information on mental health [here](#).
These workshops are supported by:

Techniker Krankenkasse
Find out more:

✗ Welcome Center – „Mental health“: https://www.uni-bremen.de/en/research-alliance/welcome-center/health/mental-health


Emergency Services

✗ Telephone Counselling Bremen:
0800 - 11 101 11 (24 hours)
0800 - 11 101 22 (Catholic)

✗ Social Psychiatric Service Bremen
0421 - 800 582 10
(weekdays, from 8.30 am until 5.00 pm)

✗ Crisis Intervention Service (KID)
0421 - 800 582 33 (weekdays, from 5 pm until 9 pm &
on weekends, from 8.30 am until bis 5pm)
Stay in Touch with Nadine

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