

AUPA past events

Date	Event	Speakers
31/01/2020	AUPA PhD Wellbeing Event: <ul style="list-style-type: none"> This event focused on the common causes of stress and loss of work-joy, and more importantly, how to handle or prevent these same things. 	Prof. Dr. Sonja Rohmann
		Associate Professor Søren Bengtzen
		Malene Hein , COO Play your Talent
		Matt Lane , Director of the Research Development Project
29/01/2021	AUPA PhD Supervision Conference <ul style="list-style-type: none"> This conference focused on the various aspects and key issues of the supervision process. Both researchers and experts on ph.d.-supervision participated to discuss insights and challenges related to navigation of the supervision process or supervision in general. Themes include interpersonal relations (supervisors, co-researchers), publication dilemmas and power dynamics. 	Senior Associate Lecturer Sofie Kobayashi
		Associate Professor Gitte Wichmann-Hansen
		Prof. Ebba Nexø
		Prof. Peter Krøjgaard
03/12/2021	AUPA Conference: Improving the PhD Journey <ul style="list-style-type: none"> This conference sought to provide tools to improve the PhD journey, by focusing on various aspects, such as career considerations, how to improve your relationship with your supervisor, and how to maintain a healthy work-life balance. 	Professor Asger Sørensen
		Associate Professor Gitte Wichmann-Hansen
		Migena Gjerazi
		Niels Glæsner , Union Representative, DM
		Vibeke Broe , AU Career
		Britt Christensen , Nutrition Scientist at Arla Foods
		Assistant Professor Cecilie Nørby Lyhne
24/03/2022	AUPA & PhD Association of Health present: PhD workshop: How to increase well-being and reduce stress – Exploring new tools <ul style="list-style-type: none"> Many PhD students experience challenges such as increased pressure, loneliness, inner criticism, fear of failure or lack of confidence, which lead to stress and stress-related consequences. Self-compassion is a powerful and gentle way to work with these challenges and to support us when things are getting tough or don't go our way. 	Carmen Manea

30/05/2022	AUPA PhD workshop: How to improve my presentation skills <ul style="list-style-type: none">• Presenting your research to peers, at conferences, and in front of colleagues is an essential skill. This short workshop by Linda Greve presents you with some of the fundamentals of structuring and delivering presentations that will generate interesting questions and relevant contacts.	Linda Greve
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