



University of Stuttgart

Diversity Committee of Faculty 3

Collaborative Research Center 1333



Mental Health Workshop for Doctoral Students

Join in a one-day workshop designed to help doctoral students suffering from stress, doubts and anxiety connected to their doctoral studies. Learn how to boost your mental health and deal with stressful situations from our expert coach Silvia Balaban, head of the Recalibration GmbH. Participation in the workshop will be rewarded with one credit point for your doctoral studies. Spots are limited, thus, register now by following one of the QR codes below.

English workshop: 23.03.2026, 9 am – 4 pm

Registration (link to ILIAS group):



German workshop: 12.10.2026, 9 am – 4 pm

Registration (link to ILIAS group):



As at 02.03.2026. Information concerning the location will follow.

For further information contact Dr. Johanna Bruckner (johanna.bruckner@ipc.uni-stuttgart.de).