



$$\text{PHD} = (\text{POSITIVITY} + \text{HAPPINESS} + \text{DE-STRESS})^2$$



Apply this equation  
to your daily life

Join this year's PhD skills lab and fly through your PhD in a relaxed way. Master your mental health by getting inspired by our guest speakers and following workshops related to this topic. The event ends with a closing borrel!

**DATE** November 21st

**TIME** 13:00 - 18:30

**LOCATION** Amstel, VUmc

REGISTRATION



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