



LUDWIG
BOLTZMANN
GESELLSCHAFT
Career Center

Annually in March

MENTAL WEALTH PROGRAM

APPLIED PSYCHOEDUCATION
FOR RESEARCHERS



MENTAL WEALTH AND PSYCHOEDUCATION – WHAT DOES IT MEAN?

Applied psychoeducation refers to the practical use of psychological knowledge and techniques to 'educate' individuals or groups, helping them improve mental health, manage stress, understand their emotions, and enhance personal development.

Applied psychoeducation actively engages participants in exercises and strategies designed to address real-life challenges.

Mental wealth goes beyond traditional definitions of mental health, focusing on the broader resources and capacities individuals or communities possess to maintain well-being, resilience, and productivity.

ME & WE highlights both the individual as well as collective part. Mental wealth encompasses not only the absence of mental illness but also the positive attributes and skills that contribute to thriving in life. Mental wealth thus highlights the importance of creating a supportive ecosystem in academia where people can thrive.

GOAL

The goal of this special program is to provide you with knowledge about basic psychological concepts as well as practical exercises that have been shown to foster well-being. Please note, that this short special program is not a therapy group! However, this program thrives on the interaction of the participants and benefits from active participation. It aims to provide resource-oriented psychoeducation and teaches tools to strengthen your own resources and gain mental wealth.

TARGET GROUP

The target group for the Mental Wealth Program are both early-career and senior researchers wanting to learn (more) about psychological concepts on well-being. As this program lives from interaction, we encourage sharing challenges in a safe space.

Please note, that we will focus on resources and well-being, not on mental illnesses. Around 20 participants will be selected according to an application process.

The program language is English.

Implemented by



LUDWIG
BOLTZMANN
GESELLSCHAFT
Career Center

PROGRAM MODULES

The program is composed of 3 longer face-2-face sessions and 4 sessions that will be held online.



INTRODUCTION + STRIVING FOR WELL-BEING: SOCIETAL AND INDIVIDUAL FACTORS OF HAPPINESS

In this face-2-face session, we will discuss the expectations for the program and explore insights into the current mental state of early-career researchers. We will address common challenges faced in academia and, in the second part of the session, focus on the factors that contribute to happiness: What makes people happy? And how can you positively influence your well-being?



EMOTIONAL AWARENESS: UNDERSTANDING, IDENTIFYING AND MANAGING EMOTIONS

In this session, we will explore the different levels of emotions and their underlying purposes. Emotions are central to human experience, influencing our thoughts, behaviors, and interactions. We will address the following questions: Why do emotions arise? How can they help us understand our needs? And what strategies can you use to connect with and manage them effectively?



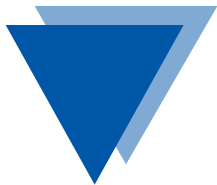
REALISTIC PRODUCTIVITY: MECHANISMS OF FOCUS, FLOW AND PROCRASTINATION

In this session, we will explore key mental states, including focus, procrastination, and the state of "flow." We will discuss strategies for overcoming procrastination and answer the following questions: What drives procrastination? How can you better manage your attention? And how can you achieve a state of flow?



BUILDING RESILIENCE: CULTIVATING STRESS RELIEF, SLEEP HYGIENE AND CREATIVE THINKING

In this session, we will focus on practical strategies for managing stress and explore the importance of recovery. We'll delve into the science of sleep and how to build healthy sleep habits to enhance resilience and creativity. We will address the following questions: What distinguishes helpful stress from harmful stress? How can you improve your sleep? And how does recovery contribute to creative thinking?





WHO AM I AS A SCIENTIST: IDENTITY, MOTIVATION AND SELF-EFFICACY

In this session, we will explore identity from both individual and collective perspectives. We'll examine psychological concepts related to the self, group membership, and how beliefs about intelligence shape our sense of identity. Together, we will reflect on the following questions: What defines your identity as a scientist? How does group membership impact your sense of self?



NAVIGATING POWER DYNAMICS: MANAGING COMPETITION IN ACADEMIA

In this session, we will examine why we engage in competition and how competition and power are interconnected with human behavior, social dynamics, and identity. We will discuss the following: What are the dynamics of power, and how is it distributed within the academic system? What are the effects on individuals? How do power dynamics influence collaboration, innovation, and well-being?



LEARNING THROUGH CHALLENGES: TOOLS FOR MANAGING SETBACKS

In this session, we will explore key topics such as failure, personal growth, and the valuable lessons they offer. We'll conclude with a reflection on the entire course. The focus will be on the following questions: What can we learn from failure? How do self-efficacy and self-compassion contribute to managing setbacks? How can adopting a growth mindset transform challenges into opportunities?

ME & WE Trainers



JUDITA HUBER, PHD

Systemic Neurosciences,
Psychologist; Neuroscience
Academy & Science
Communication at ISTA
(Institute of Science and
Technology Austria)

judita.huber@ista.ac.at



DR. DANIELA KLAMMER

Psychotherapist (Cognitive
Behavioral Therapy); former
Career Counsellor & faculty
recruiter at ISTA (Institute
of Science and Technology
Austria)

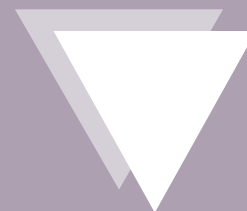
praxis@psychotherapie-klammer.at



SASKIA LACKNER

Organisational Psychologist,
Trainer and Coach; Program
Manager Leadership
Development at LBG Career
Center

saskia.lackner@lbg.ac.at



Testimonial

»I think that the course had a good balance between the understanding of the psychological basis of what we learnt, and the extrapolation to behaviours as individuals and as collective society. I appreciated that the instructors were very patient and let everyone express themselves freely. This made it possible to have a safe atmosphere where the participants felt confident to share their knowledge and experiences. The handouts and challenges were fun to do and easily digestible to be incorporated into our routines.«

Pre-Doc Participant

FINANCING

The LBG Career Center covers the costs for the program. Registration of participants is binding and failure to attend without a doctor's note or a reasonable justification (e.g. unforeseeable emergency) will result in a fee of 800 EUR. The LBG Career Center is kindly supported by funds from Österreich-Fonds through the National Foundation for Research, Technology and Development and the Austrian Federal Ministry of Education, Science and Research.

APPLICATION

Apply with a letter of motivation (max. 1 page) + short CV detailing how the Mental Wealth Program would benefit you and what you would like to learn. Applicants must be pre- or post-doc researchers affiliated with an Austrian university or research organization. All fields of study are accepted.

DEADLINE & DATES

Please visit our homepage for the current application deadline and program dates.

Mental Wealth Program 2025

Start: February 28, 2025

End: April 10, 2025

Join the Online Info Session on November 14

Apply until February 21, 2025 to saskia.lackner@lbg.ac.at

CONTACT



DIPL.-PSYCH. SASKIA LACKNER
Program Manager

LBG Career Center
Ludwig Boltzmann Gesellschaft
T +43 676 9408490
saskia.lackner@lbg.ac.at
cc.lbg.ac.at | lbg.ac.at



Visit our website
for more information:
cc.lbg.ac.at/mental-wealth

TIMELINE

ALL CENTRAL EUROPEAN TIME, CET

MARKHOF VIENNA, 1030

Striving for Well-Being

Societal and Individual Factors
of Happiness

February 28, 2025
15.30-18.30

ONLINE

ONLINE

Realistic Productivity

Mechanisms of Focus, Flow
and Procrastination

March 13, 2025
15.30-17.00

MARKHOF VIENNA, 1030

ONLINE

Who Am I as a Scientist

Identity, Motivation
and Self-Efficacy

March 27, 2025
15.30-17.00

ONLINE

MARKHOF VIENNA, 1030

Learning Through Challenges

Tools for Managing Setbacks

April 10, 2025
15.30-18.30

Emotional Awareness

March 6, 2025
15.30-17.00

Understanding, Identifying
and Managing Emotions

Building Resilience

March 20, 2025
15.30-18.30

Cultivating Stress Relief, Sleep
Hygiene and Creative Thinking

Navigating Power Dynamics

April 3, 2025
15.30-17.00

Managing Competition
in Academia

IMPRESSUM

LBG Career Center, Ludwig Boltzmann Gesellschaft GmbH
Nußdorfer Straße 64, 4. Stock, 1090 Wien, Österreich
office@lbg.ac.at, +43 1 513 27 50, Design: William Knaack
Cover photo: © Boris Jovanovic, photos Judita Huber, Daniela
Klammer & Saskia Lackner: © Polly Rola | Ivory Rose Photography