

**(AC)³ IRTG workshop on
Strengthen Your Self-Worth At Its Root**
05 - 06 February 2025



**(AC)³ IRTG workshop on
Strengthen Your Self-Worth At Its Root –
With The Manual For The Mind!**

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Venue

Lecture hall at
University of Bremen, Institute of Environmental Physics
Otto-Hahn-Allee 1, Bremen

IS THIS WORKSHOP FOR YOU? LET'S FIND OUT:

You will benefit from the workshop, if you occasionally...

- ... show a low self-worth or low self-esteem
- ... struggle with your inner critic [too harsh?]
- ... think too much, but without getting anywhere [hello, fellow overthinkers!]
- ... get lost in your own feelings – but without ever taking any action
- ... feel like an impostor or cheater at the workplace
- ... tend to run away from unpleasant feelings
- ... don't think highly about yourself
- ... don't consider – or treat! – yourself as your own best friend



AIMS (for amiable feelings for yourself) AKA WORKSHOP TROPHIES

Learn & apply the neurobasics for brain-backed joy of life & selfconfidently-flowing PhD-productivity! Here comes the Manual For The Mind: work with your mind, brain & body – not against them! How? Besides the brieef [!] sharing of scientific theory we'll focus on immediate & hands-on self-experience [!!]. Take these trophies home with you:

- Understand thoughts & feelings as friends & allies – not as opponents, intruders or persecutors!
- Control your inner critic – by letting her or him go!
- Build realistic, self-confident expectations – instead of draining self-doubts
- Engage in social comparisons for fun – not out of pressure
- See your strenghts & strengthen them – don't dwell in your weaknesses
- Find joy for yourself while finding joy in existing [Sounds weird? Perfect – not anymore after the workshop, promised!]
- Find Flow – instead of overthinking
- Learn Effective Thinking – instead of rumination [it's not what you think..!]
- Learn Effective Feeling – instead of pushing unwanted & unpleasant feeligns away

Alright – see you & your inner voice soon!

BUT WHO CLAIMS ALL THIS?

Mental Health – minus the incense sticks! It's time to decode our own body-brain-mind-system while moving beyond well-meant non-scientific advice resembling the wisdom of fortune cookies spiced with a hint of esoteric escapism. As a Psychological Advisor M.A., Alan Herweg aims to get to the root of our psyche by blending interdisciplinary insights from cutting-edge neuroscience, classic psychology & timeless philosophy. Why? To find the joy in simply existing! Both private problems & work worries happen within the same head. But a healthy mind is a productive mind! Let's understand the interindividual mechanisms of the human [ape] brain to become our own very best friends & foster a flourishing mental health. 100% scientific & evidence-based – 0% incense sticks.