European University for Well-Being

WORKSHOP B2

27th of MAY, 2026
13:30-15:00

Title:
Navigating the PhD Journey: From Survival to Growth
Venue: Seminar Room 1 and 2, ground floor, EOK building

Description:
Most PhD students encounter demanding professional and personal challenges along their journey. Scientific research can bring not only intellectual excitement, but also pressure, uncertainty, and isolation - often difficult to balance with professional expectations, financial realities, and personal life. These tensions can affect health, well-being, relationships, and ultimately one's overall sense of direction.
Where am I in my PhD journey? What do success mean to me? How can I grow into an independent researcher while also nurturing meaningful relationships? What is holding me back, and how can I move forward? How can I build a mutually beneficial relationship with my supervisor? What role do I play in shaping my own path? - This workshop invites you to pause and reflect on some key questions like these.
Together, we will explore participants' experiences to identify challenges and underlying patterns. Through guided reflection and interactive dialogue, we will work toward practical, personalized strategies to navigate these difficulties.
This is an interactive and reflective session. To create a safe and confidential space, we invite participants to engage with openness, respect, empathy, and trust.

Target audience:
This workshop is intended exclusively for PhD students.

Facilitators:
Dr. Ádám Orosz, Assistant Professor, mental health specialist, Department of Biophysics and Radiation Biology, Faculty of Medicine, Semmelweis University, Budapest, Hungary, orosz.adam@semmelweis.hu
Dr. Tamás Bozó, Assistant Professor, PhD and life-coach, mentor, Department of Biophysics and Radiation Biology, Faculty of Medicine, Semmelweis University, Budapest, Hungary, bozo.tamas@semmelweis.hu

Additional information:
Workshop will take place in person only (not hybrid/online).

Participant limit: Maximum 32