

## Free Webinar

The [European PhD Hub](#), [PhD Success](#) and [Eurodoc](#) are pleased to present a free webinar on the topic of Mental Health and well-being! Save your spot [HERE](#).

### “Mental Health during your PhD” Agenda

**Tuesday 19th January 2021 | 10:00-11:30 CET/Brussels time**

|             |  |
|-------------|--|
| 10:00-10:05 | <b>Welcome!</b><br><i>Marie Montaldo, European University Foundation</i>   |
| 10:05-10:25 | <b>Safeguarding mental health: a joint action of early career researchers, institutes and policy makers.</b><br><i>Mathias Schroyen and Pil Saugmann, European Council of Doctoral Candidates and Junior Researchers</i> |
| 10:25-11:10 | <b>How to become a confident, productive and happy PhD researcher? and Q&amp;As</b><br><i>Ewa Pluciennicka, PhD Success</i>  |
| 11:10-11:20 | <b>About PhD Hub</b><br><i>Marie Montaldo, European University Foundation</i>  |
| 11:20-11:30 | <b>Conclusions and closing</b><br><i>Marie Montaldo, European University Foundation</i>  |

With the support of Erasmus+

Co-funded by the  
Erasmus+ Programme  
of the European Union



This project has been funded with the support from the European Commission. The document reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.