

# Overcoming self-doubt for women in research

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## January 22, 2020

## 9:00-11:00



venue: 1st floor conference room of the Mid-Campus Open Laboratory Bldg #1  
Language: English



Career development specialist comes from Okinawa !

**Lecturer : Irina Filonova**

Postdoctoral Development Specialist

OIST(Okinawa Institute of Science and Technology Graduate University)

テーマ:「セルフダウトを乗り越える!~自信が無いと思わされるメカニズムと対策について知ろう」

● Learning objectives:

- \* Understand what imposter fears are and learn to recognize them
- \* Be able to identify cognitive distortions that prevent women from taking actions
- \* Identify strategies to overcome self-doubt and build resilience.

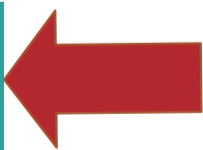
● Target Audience: Female researchers, staff members, graduate students (in any)

/女性研究者、教職員、大学院生等が対象です。ご応募お待ちしております!

Faculty Positions: a primer to academic job search 1

Overcoming self-doubt for women in research 2

Building confidence 3



**3 seminars & Table discussion in 2 DAYS.**

You can participate in all your desired seminars. Even one is OK!

Details & Registration  
<http://bit.ly/2rP3exY>



Support Office for Female Researchers in Hokkaido University

<https://freshu.synfoster.hokudai.ac.jp/> e-mail: [freshu@synfoster.hokudai.ac.jp](mailto:freshu@synfoster.hokudai.ac.jp)