

The power of saying No: setting professional boundaries

Dr. Desiree Dickerson
<https://dickersonetal.com>



14 February 2025
09.00 – 17.00 hrs.

MARUM I, room 2070

Objectives

In the demanding world of academia, the ability to set professional boundaries is essential for maintaining a healthy work-life balance and ensuring long-term success. We need to recognize the importance of prioritizing our commitments and managing our time effectively. In this workshop we will learn how to assertively and respectfully decline requests that do not align with our goals, enabling us to focus on what truly matters.

Topics include

- The importance of setting professional boundaries
- Identifying personal and professional priorities
- Techniques for assertive communication and saying no with confidence
- Strategies for managing workload and avoiding burnout
- Recognizing and overcoming guilt and fear associated with saying no
- Building a supportive network to reinforce boundaries
- Practical exercises and scenarios to practice boundary-setting skills

Target group

Early career researchers

The trainer



Desiree Dickerson, PhD

As a former postdoctoral researcher in the neurosciences and a clinical psychologist, Desiree has worked at both ends of the spectrum - from (lab) bench to bedside. After working in research in New Zealand, Australia, and Austria, she now lives in Spain and spends her time helping academic institutions and academics themselves pursue a healthier approach to research.

Registration

To register for this course, please visit

<https://www.marum.de/en/research-training/2025/2025-02-14.html>

Please note that your registration will be binding.

If we don't receive a critical number of registrations by **28 January 2025**, the course will have to be cancelled.

Please direct any enquiries about this event to early-career@marum.de.