



TEACHING CENTER
MEDICAL UNIVERSITY OF VIENNA

Beyond the hurdles: Unlocking your potential across the PhD journey

Turning Challenges into Opportunities

meduniwien.ac.at/beyond-hurdles

Psychological safety

Sometimes, opening up to friends and family about difficult experiences may not provide the support you need.

This course offers a space where participants can openly express their thoughts and feelings.

Every issue, no matter how big or small, is given attention and importance. Participants are also welcome simply to be present and listen.

We create a safe and welcoming space where nothing is off-limits. Everything shared remains confidential and is treated with complete anonymity.

Target group

All PhD and doctoral students at the Medical University of Vienna (UN094, UN790)



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Jakob Thannesberger

Facilitator

PhD, Medical Doctor, Certified
Transformation Coach

Registration

Please register via email at medizindidaktik@meduniwien.ac.at no later than Monday at 12:00 p.m. for the upcoming session.

Schedules are available online

meduniwien.ac.at/beyond-hurdles



Each participant is invited to join multiple sessions. The in-person sessions will take place at the Teaching Center with the exact room details provided closer to the event.

All sessions are held in English.

What it's About

As a PhD student, you face numerous challenges throughout your journey. You are expected to publish scientific work, handle demanding coursework, and navigate highly competitive environments. These pressures can easily give rise to stress and self-doubt.

How you respond to such situations determines whether they drain your energy or become opportunities for growth and resilience. This course offers you the chance to cultivate self-awareness and to reflect thoughtfully on your actions and decisions. Professional guidance creates a safe space to share and process personal experiences.

By highlighting individual strengths and resources, the course fosters personal growth, nurtures emotional intelligence, and deepens the understanding of both oneself and others.



What to Expect

- Small groups of up to 15 participants
- Participation at your own pace: silent presence is just as welcome as open discussion
- A safe space that fosters resonance, coherence, and trust, where participants feel acknowledged and appreciated as they are
- An experience that nurtures joy and vitality, leaving participants re-energized and at peace by the end of the session

Why Attend?

- **Emotional support** – a safe space to share and process challenging experiences
- **Reflection** – stepping back from stress to gain clearer insight
- **Clarity** – sorting thoughts and emotions to find direction
- **Perspective** – realizing you're not alone; others face similar struggles
- **Growth** – developing personally and professionally

