Postdocs and pre-tenure stream faculty are invited to join this confidential and informal group to explore their experience of procrastination and learn about relevant solutions. Specifically, group members, with the support of FASCCO counselors, will identify and discuss their situational, emotional and cognitive triggers related to their experience of procrastination. They will also learn and discuss strategies for reducing their tendency to procrastinate, most notably cognitive, behavioral, and mindfulness approaches. Participants will be encouraged to develop and implement a specific and achievable plan to combat their procrastination.

**INFORMAL DISCUSSION VIA ZOOM**

**Wednesdays - 7/22, 7/29, and 8/5**

11:45am - 1:00pm

Please register at
myumi.ch/GkdKp