

The Psychology of Peak Performance

A workshop series for all Graduate & Professional Students and Postdoctoral Scholars

Offered by the Psychological and Counseling Center,
in conjunction with the Graduate School.



Facilitator: David Sacks, PhD, HSP

To be held again in 2018.

Topics:

- **Perfectionism and the “Imposter Syndrome”**
- **Motivation and Mindset**
- **Performing under Pressure**
- **Managing Conflict and Relationships**
- **Effective Goal Setting**
- **Fighting Procrastination / Increasing Efficiency**
- **Finding Work/Life Balance**

This workshop series is designed to promote expert performance by exploring common issues impacting graduate and professional students and postdoctoral scholars. During each session, we will briefly cover theory and research on the topic and provide a space for attendees to discuss their related experiences and to gain support and consultation.

**This is an open group, so no sign-up is necessary.
Simply drop by to any session of interest to you.**

For more information: e-mail david.n.sacks@vanderbilt.edu or call (615) 322-2571