PhD candidate guidance, find your way

PhD progress
- Expectations
- Deliverables
- Delay
- Go/no-go
- Finishing
- Career development
- Motivation

Personal issues
- Independence
- Fear of failure
- Perfectionism
- Stress
- Illness

Skills
- Self-reflection
- Writing & presenting
- Communication
- Time management
- Teaching

Social safety & integrity
- Bullying
- (Sexual) Intimidation, threat, stalking
- Discrimination
- Suspicion of fraud
- Scientific integrity

Social Safety Contact Point
For a listening ear, initial advice & referral

Where can you find coaching and training?

- Graduate Schools
- MyDevelopment
- Gezondeboel

Who can help, guide, support or advise you?

- Supervisor(s)
- First contactpoint

- Graduate school PhD advisor
- PhD specific issues

- HR
- Your employment contract or legal position
- Legal advice on issues at work or related to work
- Labour disputes

- Occupational social work
- Issues at work or related at work (like work/life balance, personal problems, illness, working conditions or relationships, ...)

- Confidential counsellor
- Research integrity
- Undesirable behavior

- Ombudsperson
- Structural problems or injustices affecting a group of people
- Impartial advice, referral, investigation or mediation