



Contribution ID: 1

Type: **not specified**

Mental Clarity and Decision-Making

Tuesday 5 November 2024 09:00 (4 hours)

In this workshop, we'll explore the cognitive biases that often cloud our judgment and decision-making as academics. You'll learn techniques to clear mental fog, prioritize effectively, and make confident decisions amidst the many choices you face.

Presenter: Dr BOTELLA-SOLER, Vicent