



Dr Zoë Ayres

Analytical Scientist & Mental
Health Advocate

The human element: Managing mental health and why we are more than just our research

Dr Zoë Ayres will share her experiences as a scientist, explaining that wellbeing and productivity are linked. **In this one-hour seminar, you will learn:**

- Why mental health is important as researchers
- Statistics and stressors for junior researchers and those in management positions
- The impact of the pandemic
- What we can do to manage our mental health
- What we can do to provide support to others

Monday, 19 July 2021, 13:00 (s.t.)
(CEST/UCT+2)

The seminar will take place online via Zoom.

Please register [here](#) to participate.

This seminar is co-organised by GenEvo and
SFB 1361.



For more information, please contact: events@imb.de

Institute of Molecular Biology gGmbH (IMB), Ackermannweg 4, 55128 Mainz