



Calibrating Graduate Life to COVID-19 Crisis

IEEE UniMelb Student Branch Seminar Series

IEEE University of Melbourne Student Branch is organizing a talk on mindfulness in collaboration with UniMelb Graduate Student Association-affiliated I2G club. During this session, the speaker would highlight methods for work-life balance during COVID-19 crisis phase and help us plan for organized post-COVID lifestyle. This event is going to be 40-minute presentation followed by 20-minute Q&A session.

Date:

29 May 2020 - Friday

Time:

5:00 to 6:00 PM AEST

Location:

Virtual Meeting

**IEEE University of Melbourne
Student Branch**

Connect with us:

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Speaker:

Dr. Phoebe Lau
Clinical Psychologist
The Inner Collective



Focus areas

- Mindfulness and anxiety coping mechanisms.
- Socialization in the time of the pandemic.
- Lifestyle changes to kickstart things after lockdown.
- Balancing deadlines & relationships in stressful times.

As limited seats are available, please give your expression of interest here: forms.gle/8Bt36JCtECPUT8rr9

