

THE ATLAS EARLY CAREER SCIENTIST BOARD  
INVITES YOU TO THE

# MENTAL HEALTH WORKSHOP

Early career scientists from ALL CERN EXPERIMENTS  
are welcome!

📍 500/1-001 Main Auditorium

📅 Wednesday, Feb 15th, 2023

🕒 4 PM

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## Register now:

In-person and zoom participation

<https://indico.cern.ch/event/1196592/>

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## Topics:

- Building well-being routines
- Integrating coping strategies
- Discovering your inner resources
- Practicing self-care and work-life balance



with

**Sarah Speziali**

therapist and life coach