**Career kit workshop**
Group-based activities for enhancing academic and professional skills to improve effective self-guidance in the world of work.

**Time and self management**

**Friday 24 May 2024 | 4:00-5:30 pm**
Classroom 2, San Francesco Complex IMT + remotely

Gain insights into effective time management techniques to efficiently utilize your time and reduce stress.
Tips & tricks about self-and-time management to improve productivity and wellbeing.

**Agenda**

4:00 pm - Welcome, IMT School

4:15 pm - **Ornella Bucci** - PhD, Psychologist, Career Counselor, IMT School
*It's time for self-management*

4:45 pm - **Silvia Massa** - PhD (IMT Alumna), Assistant Curator, Staatliche Kunstsammlungen Dresden
*Tips & tricks for time management*

5:00 pm - **Daniela Giorgetti** - Careers Service Coordinator, IMT School
*Q&A and conclusions*

**Target:** PhD students, post-docs and other researchers affiliated with the Schools of Excellence.

**Registration:** fill in this form to get the event link.

**For more information:** ornella.bucci@imtlucca.it; placement@imtlucca.it