

PhD writing retreat

Monday March 17 - Friday March 21

Who can join?

PhD candidates and postdocs who want to progress their writing, establish a sustainable work-relaxation balance, and become more resilient to academic and personal challenges

The plan

Mon	Arrival & getting to know each other
Tue	Writing & recharging
Wed	Writing & recharging
Thu	Writing & recharging
Fri	Departure

What's included?

- writing support and mentoring
- resilience sessions
- transportation from Boxmeer
- 4 nights in a private bedroom
- all meals and drinks
- bedlinen and towels
- several group activities
- access to the Aqua Mundo pool
- use of a private sauna

The location

Center Parcs Heijderbos (Limburg)

Address:

Hommersumseweg 43
6598 MC Heijen

Closest train station: Boxmeer
If you travel by public transport we can pick you up by car from there

How can I sign up?

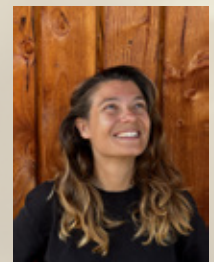
Send an email to
renee@thoughtfulstories.nl

NB there is a max of
5 participants

Your hosts



Renée Verdiesen



Manon Verdiesen

[Learn more about us on page 2](#)

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About Renée

Renée was trained as epidemiologist and has almost 10 years of experience working in scientific departments. She has a passion for teaching and mentoring, and for (science) communication. During the last phase of her PhD she organised several writing retreats together with colleagues to stay motivated for her final PhD sprint. Without those and her personal cheerleaders she would have struggled to keep going. Her sister Manon was one of those cheerleaders! Renée will help you find the right work-relaxation mindset, and is available for 1-on-1 mentoring sessions during the retreat. She will also be your chef!



About Manon

Manon is an expert in crisis management and cyber security. She worked for 8 years in the security domain and helped many people with becoming resilient to cyber crises. Recently, she shifted her focus to helping people becoming resilient to both professional and personal crises, which you are likely to (have) face(d) at least once during your PhD and postdoc. To help you bounce back from those, Manon will be available for some personal resilience training, both 1-on-1 and during group sessions. She loves to start her day with some yoga exercises and you are more than welcome to join her during those!

