



EACH'S EARLY CAREER COMMITTEE ✨ WEBINAR ALERT!

"DEEP WORK - STRATEGIES FOR PRODUCTIVE SCIENTIFIC WORK AND WRITING

Are you an early career scientist in the realm of healthcare communication, grappling with the constant juggle between meaningful scientific work and shallow distractions? We understand the daily struggles: emails flooding your inbox, meetings occupying your calendar, and the elusive quest for uninterrupted focus. When should you find the time to write on that important manuscript? Or research grant proposal?

In our upcoming webinar, we delve into the concept of "deep work" – the ability to focus without distraction on a cognitively demanding task – and explore practical strategies to reclaim your time and reignite your motivation for scientific pursuits.

 **Date: Wednesday, June 5th**

 **Time: 5pm CET / 4pm UCT / 11am EST / 8am PDT / 3pm GMT**

 **Where: Online via Zoom**

Registrations are now open for everyone interested

<https://forms.gle/LNC6d8fzPWm6UDNHA>



Deep Work – Join us for insights into:

- Understanding the concept of deep work and its relevance in scientific endeavors.
- Identifying common obstacles faced by early career scientists in prioritizing deep work sessions into your academic work day.
- Practical steps to integrate deep work into your daily routine, even amidst a sea of distractions.
- A guided deep work focus session, where you'll learn the five essential steps to dive into intense concentration.

Bonus: Receive an additional 10 ideas for maximizing your productivity and making the most of your working hours.

Don't let shallow tasks drown out your scientific aspirations. Join us and embark on a journey to unlock your full potential in healthcare communication research.



For any questions:
earlycareeryeach@gmail.com