## Do you want to survive your PhD? Join MyPhDMentor!

MyPhDMentor is a mentoring program designed to improve the overall experience of PhD candidates!

MyPhDMentor promotes PhDs' personal/professional growth **MyPhDMentor** 

works though a wide, international support network of students and researchers

Become an Ambassador,

Cechnical & Marching

leam

## What can a mentor do for you?

- Help finding your work-life balance
- Help handling the relationship with your supervisor
- Help improving your soft skills
- Help finding on your priorities, goals and motivations
- Help building your own approach on your values and attitudes

But remember...a mentor is not a tutor, a supervisor, a trainer or a technical consultant!

## Follow us on our social:

## Join the team!

to quench your passion, you can join us!

For details please check our website: https://www.comitatodottorato.org/my-phdmentor-2/or contact us at: myphdmentor@gmail.com UNINA Ambassador: sharon.puleo@unina.it