ENGAGE·EU
EUROPEAN UNIVERSITY

CALL FOR APPLICATIONS

The Wellbeing Reset Lab

Researcher Life Recharged

A 2-Day Immersive Program for PhD Candidates & Postdocs

May 28-29 2026

Toulouse Capitole University
Toulouse, France

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WHY THIS RETREAT?

We enter research to change the world. To generate knowledge. To touch lives.

But somewhere along the way, **we end up spending our own wellbeing as the hidden currency of research.**

Deadlines pile up. Pressure builds. Anxiety grows. Fear takes over. And before we know it, **the cost is our own joy, balance, and peace of mind.**

It doesn't have to be this way.

Because real, lasting change—the kind we dream of creating out there—**starts with us, on the inside.**
The **Wellbeing Reset Lab** is not another workshop. It's a pause button. A chance to stop running on default, to return to what matters most, and to stand by the person who has carried you this far: **yourself.**

Over two transformative days, you'll learn how to:

- **Recharge** your energy with science-based practices.
- **Reconnect** with your strengths, values, and purpose.
- **Reclaim** your ability to lead yourself with clarity and courage.

This is your invitation to reset. To honor your own life, so you can continue shaping the lives of others—**and create a life you love.**

BACKGROUND

The Wellbeing Reset Lab recognises that researcher wellbeing is central to sustainable academic practice and meaningful contribution to society. This initiative, organised within the ENGAGE. EU Research Label seed funding call #02 (ENGAGE is an alliance of 9 + 1 associeted universities supported by the Erasmus+ Programme), reflects a commitment to human-centered approaches to academia.
By creating a dedicated space for reflection, skill-building, and community support, the Wellbeing Reset Lab recognises that **researcher wellbeing is not a luxury, but a foundation for impactful, meaningful, and sustainable academic careers that start at the person level.**

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OBJECTIVES

The Wellbeing Reset Lab aims to

- Equip PhD candidates and postdocs with practical, evidence-based strategies to manage stress, build resilience, and sustain wellbeing throughout their academic careers;
- Foster self-awareness and intentional self-leadership, enabling researchers to align their work with their values and strengths;
- Create a supportive community of peers navigating similar challenges, breaking the isolation often experienced in academic life;
- Explore the intersection of personal wellbeing and research excellence, demonstrating that care for oneself enhances capacity to contribute meaningfully to society;
- Offer hands-on practices grounded in behavioral science, positive psychology, and mindfulness that participants can integrate into their daily lives;
- Build a network of researchers committed to fostering healthier, more sustainable academic cultures within the ENGAGE.EU alliance and beyond.

WHO CAN JOIN?

- Up to **18 PhD candidates and postdocs** from ENGAGE.EU partner universities.
- Open to all disciplines—no prior experience with wellbeing practices required.

Places are limited, so apply as early as possible. Don't miss the opportunity to give yourself this reset.

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WHO CAN JOIN?

• **Mindfulness Practices** – Explore, in this experiential session, your stressors and learn practical ways to manage them. Guided practices will offer tools to observe the mind, understand body–mind reactions to stress, and cultivate strategies for resilience and well-being through meditation-based techniques.

• **Gratitude & Strengths Exploration** – Explore simple, yet powerful, evidence-based intentional practice of gratitude rituals designed to help you savor positive experiences, amplify blessings, and consciously nurture a positive mindset. By shifting focus from what you lack to what you possess, you will cultivate a more abundant and fulfilling life.

• **Storytelling & Self-Leadership** – Explore how your personal narratives shape your wellbeing, growth, and decisions. Through reflection and dialogue, learn to intentionally engage with your story to foster resilience, identify strengths, and gain clarity for your path forward, turning self-understanding into empowered self-leadership.

• **Happiness Hacks and Traps** – Explore the science of wellbeing, learning how happiness is defined and measured. Then, discover the common psychological traps—like how we adapt to experiences and mis-predict what brings joy—that influence our choices. Use behavioral science to make wiser decisions for your own wellbeing and in supporting others.

• **Integration Workshop** – Craft a personal wellbeing plan you can carry forward into research and life.

You'll leave not just refreshed, but equipped with practical strategies to live and lead on your own terms.

FORMAT

The Wellbeing Reset Lab takes place in Toulouse at Université Toulouse Capitole over the course of two full days: 28–29 May 2026. The workshop is in-person, designed as an immersive experience with structured sessions, guided practices, and community moments.

The format combines interactive workshops with experiential sessions, group reflections, and peer exchange. Participants will engage in evidence-based practices delivered by PhD-level facilitators, alternating between focused learning, individual reflection, and collective dialogue. The program includes mindfulness practices, storytelling exercises, gratitude rituals, happiness-anchoring techniques, and collaborative exercises in self-leadership and resilience.

All meals—including lunch, coffee breaks on both days, and a shared community dinner on Day 1—are provided for every participant. The shared meals create intentional spaces for informal connection, peer support, and community building beyond the formal sessions.

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PRELIMINARY PROGRAM

Day 1 – 28 May 2026

TIME	SESSION	LEAD
09:00 – 09:30	Welcome & Orientation – Introduction, icebreakers, setting safe space	Maysam
09:30 – 11:00	Mindfulness Foundations – breathing, grounding, mindful awareness	Togan
11:00 – 11:30	*Coffee break*	—
11:30 – 12:30	Storytelling for Wellbeing – personal narrative, reframing struggles	Daniela
12:30 – 14:00	*Lunch*	—
14:00 – 15:30	Gratitude in Research Life – scientific findings (Why gratitude?) + practice (journaling, letters)	Maysam
15:30 – 16:00	*Coffee break*	—
16:00 – 17:30	Making sense of wellbeing – The science behind happiness	Cian
18:30 – 20:00	Community Dinner & Reflection Circle	All

Day 2 – 29 May 2026

TIME	SESSION	LEAD
09:00 – 09:30	Morning Mindfulness Check-In	Togan
09:30 – 11:00	Deep Dive: Gratitude & Positive Mindset – long-term habit design	Maysam
11:00 – 11:30	Coffee break	—
11:30 – 13:00	Storytelling for Self-Leadership – personal narrative & agency	Daniela
13:00 – 14:30	Lunch	—
14:30 – 15:30	Happiness Hacks and Traps	Cian
15:30 – 16:00	Coffee break	—
16:00 – 17:00	Integration Workshop – create personal wellbeing plans, project into future + develop routines	All
17:00 – 17:30	Closing Circle – reflections, commitments, next steps	All

Note: An optional informal dinner (not funded) may be organised for the evening of Day 2 for those interested in continued peer connection.

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WHO'S GUIDING YOU

Maysam Nour Eddin | **LinkedIn** | *Université Toulouse Capitole*

Fourth year PhD Candidate in Human Resource and Organizational Behavior Management at Toulouse School of Management. Her research examines how gratitude and emotions shape behavior and wellbeing in organizations. Drawing on her academic work and teaching in Organizational Behavior, she designs and facilitates interactive learning experiences grounded in positive psychology to foster emotional intelligence, resilience, optimism, and a growth mindset. In the Wellbeing Reset Lab, Maysam will guide participants through gratitude rituals and reflective exercises to strengthen optimism, self-compassion, and sustainable wellbeing habits for research and life.

Daniela Pyhäjärvi | **LinkedIn** | *Hanken School of Economics*

Holding a doctoral degree in Economics and Business Administration from Hanken School of Economics. Her research dives into narrative sensemaking, change and power dynamics. She is also interested in exploring various aspects of organizational wellbeing—particularly themes such as happiness at work, self-leadership, and self-compassion. In the Wellbeing Reset Lab, she will guide participants through storytelling practices that help reframe challenges, uncover personal strengths, and cultivate clarity, resilience, and purpose in their academic and professional journeys.

Cian Lin | **LinkedIn** | *Norwegian School of Economics (NHH)*

PhD Research Scholar at NHH, affiliated with the FAIR research center through the Freedom to Choose project. Her research sits at the intersection of psychology and economics, examining how contextual factors shape perceptions of autonomy and influence behavior and wellbeing. With a background in Psychology and Economics from National Taiwan University and a Master's in Behavioural Science from the London School of Economics, Cian applies quantitative methods to explore what drives happiness. In the Wellbeing Reset Lab, she will guide participants through the science of wellbeing and the common psychological traps that shape our pursuit of happiness.

Togan Kiliç | **LinkedIn** | *KEDGE Business School*

Fourth year PhD Candidate in Organizational Behavior at KEDGE Business School. He focuses his research on workplace mindfulness and organizational justice. He teaches bachelor's and master's level courses on Team Management, Leadership, and Cross-Cultural Management. A certified Mindfulness-Based Stress Reduction (MBSR, TT2) instructor, Togan has trained in traditions such as Vipassana (S.N. Goenka) and Shambhavi Mahamudra (Sadhguru). In the Wellbeing Reset Lab, he will guide mindfulness-based practices to help participants observe their minds, regulate stress, and cultivate resilience and presence throughout their academic journeys.

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SELECTION PROCESS

We will accept up to 18 participants. The Wellbeing Reset Lab prioritizes creating an inclusive, diverse cohort of early-career researchers committed to sustainable academic practice and personal wellbeing.

Selection Criteria

• **Genuine motivation** – Applications will be assessed primarily on the basis of indicated motivation and clear articulation of how the program aligns with your needs and goals.

• **Commitment** – We prioritize applicants who can commit to attending the full 2-day program.

• **Diversity and inclusion** – We welcome applications from all backgrounds, disciplines, and geographic locations.

• **Happiness Hacks and Traps** – Explore the science of wellbeing, learning how happiness is defined and measured. Then, discover the common psychological traps—like how we adapt to experiences and mis-predict what brings joy—that influence our choices. Use behavioral science to make wiser decisions for your own wellbeing and in supporting others.

• **Priority for funded seats** – The four fully funded seats (covering travel and accommodation up to 800 euros) are reserved for applicants from ENGAGE.EU universities outside Toulouse.

The facilitation team will handle the selection of applicants. However, to prevent any conflicts of interest, facilitators will not evaluate applicants from their own home university.

FUNDING

What's Included

All participants receive meals (lunchs, coffee breaks on both days, and a shared community dinner on Day 1).

Travel and Accommodation

Applicants are expected to cover their own accommodation and travel expenses. However, four fully funded places are available, each covering travel and accommodation costs up to a maximum of 800 euros.

Applicants not based in Toulouse may choose to be considered for funding during the application process.

Selection will be based on the applicant's motivation. To ensure fairness and credibility, facilitators will assess applications only from universities other than their own.

Additional Funding Opportunities

Funding options for participants' travel and accommodation may be available through your institution, either within the context of the ENGAGE.EU Alliance or through other opportunities (e.g., departmental grants).

For more information, please contact your institution's local ENGAGE.EU contact point (see list below) or your department's mobility office.

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HOW TO APPLY

Application Timeline

- **Application deadline** – 5 February 2026
- **Results announced** – Early March 2026
- **Dates to arrive in Toulouse** – 27 May 2026 the latest
- **Workshop dates** – 28–29 May 2026
- **Departure date** – Evening of 29 May 2026 (program ends at 17h30) or morning of 30 May 2026

What to Submit

Applications consist of

1. A **short motivation letter** (max. 1 page / ~300 words) sharing why you'd like to join and how you expect the Wellbeing Reset Lab to benefit your academic and personal life.
2. A **short CV** (max. 2 pages).
3. Completion of the **online application form** (including personal information, commitment declarations, photo consent, and funding needs).

How to Submit

Submit your application via the online form available on the ENGAGE.EU Research Label page here. All applications must be submitted in English.

Applicants will be notified of admission status by early March 2026 at the latest. Admitted participants will receive detailed information about venue logistics, accommodation options, travel arrangements, and pre-workshop preparatory materials.

PARTICIPANT EXPECTATIONS

Participants are expected to

- Commit to attending the **full 2-day program** (28–29 May 2026).
- Arrive in Toulouse on **27 May** and depart on the evening of **29 May (program ends at 15h30)** or morning of **30 May**.
- **Participate fully** in sessions, practices, and group activities with openness and authenticity.
- **Engage respectfully** with facilitators and peers, maintaining confidentiality and creating a supportive community space.
- **Participate in a brief follow-up survey** (June–August 2026) to help us evaluate the program's impact and outcomes.

Remote attendance or partial attendance is not possible. The immersive, in-person format is essential to the effectiveness and community-building aspects of the retreat.

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CONTACTS

For General Questions about the Wellbeing Reset Lab

Maysam Nour Eddin
Université Toulouse Capitole
maysam.nour-eddin@tsm-education.fr

ENGAGE.EU LOCAL CONTACT POINTS

Applicants from the ENGAGE.EU alliance can contact their local university's ENGAGE.EU team member for questions specifically related to their institution and this call

UNIVERSITY	CONTACT	EMAIL
Hanken	Dr. Sirpa Aalto	sirpa.aalto@hanken.fi
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NHH	Dr. Heather Arghandeh Paudler	Heather.Argandeh.Paudler@nhh.no
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UT Capitole	Myriam Greusard	myriam.greusard@ut-capitole.fr

PRIVACY TERMS & DATA PROTECTION

We may collect personal data in the framework of our reporting to the ENGAGE.EU project. ENGAGE.EU is committed to protecting and respecting your privacy by maintaining the integrity and confidentiality of your personal data, in accordance with the GDPR and other applicable legislation.

What Data We Collect and Why

We collect and process your data for the sole purposes of

- Evaluating your application
- Implementing and managing the workshop
- Conducting follow-up research and impact evaluation
- Compliance with ENGAGE.EU reporting obligations

Photo and Audiovisual Materials

We collect and process your data for the sole purposes of

- No consent (photos cannot be taken or used)
- Internal reporting and documentation only
- Internal reporting, documentation, and official ENGAGE.EU social media posts (LinkedIn)
- Reporting, official posts, and facilitators' professional social media

Your Rights

In accordance with the GDPR, you have the right to access, correct, or request deletion of your personal data. For inquiries about your data or to exercise these rights, please contact the program coordinators.

Consent Forms

If you are selected to participate, you will be asked to sign a formal consent form confirming your agreements regarding data processing, photography, and use of your reflections for research and evaluation purposes, all in accordance with GDPR.

This is your invitation to pause. To stop living on default. To honor the person who has carried you this far—and give them the reset they deserve. Because the world needs your brilliance, but you need your balance. And it all starts here.

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PARTNERS

University of Mannheim

Université Toulouse Capitole

LUISS

WU Wirtschaftsuniversität Wien

Tilburg University

University of St.Gallen

NHH

Ramon Llull University

Hanken School of Economics

Co-funded by the European Union