Self-Care is Not the Enemy of Performance

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The highly competitive nature of academic environments might seem to suggest that success can only be obtained at the cost of taking good care of oneself. However, sacrificing self-care can be extremely harmful. In this interactive seminar, we will discuss ways that high performance and self-care can be mutually reinforcing and allow us to thrive. Moreover, as leaders and future leaders, we each have the opportunity to be a Changemaker by creating policies and practices that support the well-being of those we work with. A key goal is for each person to take away a set of practical strategies and habits they can employ to support mental and physical health while also supporting future success in their academic work.

Jennifer M. Heemstra (she/her/hers) is a Professor of Chemistry and Director of Faculty Recruiting and Development at Emory University. Her lab research is focused on harnessing the molecular recognition and self-assembly properties of nucleic acids for applications in biosensing and bioimaging. Outside of work, Jennifer enjoys spending time with her family, rock climbing, cycling and running.