

8 February 2023 at 09:40, Polo Ferrari Povo2 (Room B107) **Location:**

## Physics PhD Workshop Lectio Magistralis

### Inside-out the Comfort Zone



Have you ever tried to identify the limits of your comfort zone?

The comfort zone is a behavioral state within which a person operates in an anxiety-neutral condition, using a limited set of behaviors to deliver a steady level of performance, usually without a sense of risk. Often, without realizing it, we are the ones that somehow limit our professional growth.

Entering and leaving the comfort zone is an art, that can often become a game to grow professionally!

Speaker:

**Dr. Antigone Marino**

Bio:

Dr. Antigone Marino is researcher at the Institute of Applied Sciences and Intelligent Systems (CNR-ISASI). She received her master in Physics in 2000, and the research doctorate in New Technologies in 2004, both at the Physical Science Department of Federico II University of Naples. Her research activities are focused on soft matter optics, ellipsometry and structured light. Thanks to her experience in science, she has set up a course for PhD students on professional development, ranging from the topics of soft skills to scientific communication, passing through social media, outreach and all the non-technical aspects necessary in scientific professions.

