
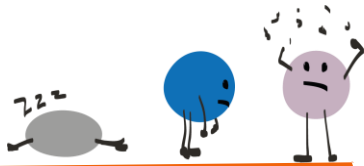


Achieve results and feel good with the Grid™ Method.

Dr. Magdalena Bak-Maier 

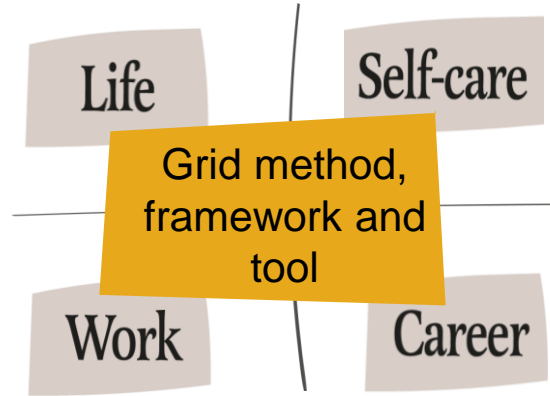


BEFORE



PhDs, researchers, academics

high stress + burnout
struggle/overwhelm/reactivity
anxiety, worry, frustration
overthinking
eroding confidence
risk to self/team/colleagues
risk to science + culture



- organization and time management across day/week/month/year
- career management
- mindset and confidence

AFTER



more responsive leaders

*“It keeps me organized and with the feeling that I have deadlines and schedules, etc, under control.
It helps a lot in avoiding the feeling of overwhelm.
Inês*

