

MARIA HESSELMAN

A PhD journey comes with many challenges that may have nothing to do with your science, but affect you all the same. Be it interpersonal struggles with your supervisor or colleagues, or a difficult situation with your family, we all have issues that can bring us down, making the PhD even more difficult of a challenge than it already is. I have worked a lot on prioritising my mental health and well being during my almost 4 years as a PhD student and I would like to support you in your struggles by offering an empathetic ear and advice wherever I can!

