



UNIVERSITÀ
DEGLI STUDI
FIRENZE

Dear participants,

welcome to the **Healthy Minds for Masterminds: FLASH** workshops!

These will take place on the:

Friday 5th of June from 14:30 to 16:00

Friday 19th of June from 14:30 to 16:00

in hybrid format either in person in **room 15** at Complesso Aule del Polo Scientifico, Sesto Fiorentino (Firenze) and via the **Gmeet link**: <https://meet.google.com/ffi-aszs-hoz>

Please read the document through to the end, as there are some tasks to complete a few days prior to the first meeting.

First of all, to participate, you must register using the Google Form by June 3rd:

<https://docs.google.com/forms/d/e/1FAIpQLSeLtMAFKdBES6rfRJStf4X7H4yP85kpjQFZCbMfrS5TwWDQZQ/viewform?usp=dialog>

Here's some **extra information** about what to expect:

You will have the opportunity to engage with *mental health and wellbeing concepts, practice practical self-care tools, and identify mental wellbeing resources* through both individual and group activities.

The workshops offer a non-judgmental and confidential space to explore positive mental health skills and enhance emotional awareness when facing challenges in academia and beyond.

We will use a combination of **physical materials** and the **digital platform** [Mentimeter](#) to capture real-time reflections and share mental wellbeing content. At the end of the workshops, you will have access to the **Healthy Minds for Masterminds: FLASH** follow-up mental health and wellbeing resources.

To measure the impact of this programme, you are kindly invited to complete **two anonymous surveys** - one before and one after attending the workshops.

Please take a moment to fill in **pre-survey** [here](#) **before** taking part in the first workshop, scheduled on **Friday 5th of June at 14:30**.

Participation in the workshops and the survey is **voluntary**. Please note that you won't be asked to share any personal mental health experiences.

The Healthy Minds for Masterminds: FLASH workshops are facilitated by **Sarah Speziali**, a licensed psychologist, arts therapist, and certified life coach with extensive international experience in the mental health and wellbeing sector. Her work spans academic, clinical and corporate settings, with notable engagements including mental health initiatives at [CERN](#). Sarah is currently a Visiting Researcher at **King's College London**, investigating the application of a **whole university approach** to mental health—an integrated framework that embeds wellbeing across all aspects of higher education, from institutional policy to student and staff engagement. Her focus is on creating inclusive, supportive environments where individuals feel empowered to thrive both personally and professionally.

If you have any further questions please don't hesitate to contact info@sarahspeziali.com

We hope you will find this initiative useful, insightful and enjoyable!

We look forward to meeting you.

Best wishes,

Francesca, Elisa , Lapo and Sarah