



2/2024 RESEARCH SEMINAR

Joyful Productivity for Academics

A very **bold** seminar

 6 March 2024 (Wednesday)

 2-4 pm

 Lecture Theater 3, Sunway University

Synopsis

In an era where academia is increasingly characterized by unrelenting demands, further fueled by the neoliberalization of higher institutions and the stark detachment brought on by the post pandemic contactless technology, a profound transformation has been quietly unfolding. What were once collegial circles now seem like fleeting interactions, where students become mere statistics for administrators, and academics burdened by mounting workloads and publication demands, often resemble weary souls drifting from one paycheck to the next publication.

Based on the book, "Joyful Scholarship" by Professor Catheryn Khoo, this seminar teaches academics how to breeze through tasks that once felt overwhelming, by leveraging the 3 biggest aspects that have the most significant influence on productivity – mind, body, and spirit-soul.

The book is available on amazon.com for USD22.95, approximately RM100. On the day of the seminar however, the books will be made available for individual purchase at a discounted price.

Prof. Catheryn Khoo

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