

Lecture as part of the Teaching Assistantship Programme 2021

What is Comfort Zone and how to get out of it?

Organizational details

Instructor: Pavla Samoylova

Date: June 30th, 2021, from 2-4 pm.

Location: Online via WebEx (link will be sent in advance to the lecture)

Content

Probably everyone heard the expression “leave the comfort zone” in order to obtain development, better results, and new experiences.

The definition of “comfort zone” given by Judith Bardwick in 1991 describes it as “a behavioural state within which a person operates in an anxiety-neutral condition, using a limited set of behaviours to deliver a steady level of performance, usually without a sense of risk.” For many people “comfort zone” is associated with a safe environment, familiar situations, and the ability to control the outcome of those situations based on the knowledge of previous experience.

A comfort zone is quite individual depending on each person’s psychological type, values, and everyday knowledge. Leaving a comfort zone does not only expands one’s personal experience but also the comfort zone itself by “stretching” one’s mind in order to respond to unknown situations.

Though the topic of self-development became significantly popular in modern-day societies, where “leaving a comfort zone” is one of the most crucial steps to great results, in reality, it could be more challenging than it is often presented by the media. The main reason is that the human mind is wired to keep us safe with minimal effort and losses, which makes staying in a comfort zone so attractive.

This lecture will give a definition of a comfort zone and its role in our life. It will focus on tips on how to organize it and how to leave your comfort zone in order to obtain new experiences without unnecessary stress and struggles.

The main questions of the lecture:

- What is a comfort zone and how to organize it?
- When and why we should leave a comfort zone?
- How to expand your comfort zone and make it work for you?

Key words: comfort zone, self-development, confidence.

Learning Targets

- Understand the meaning of comfort zone, its role, and importance;

- Develop the knowledge about the balance between staying in a comfort zone and going beyond;
- Observe how the expansion of comfort zone changes our life and personal growth.

Target group

Students, Doctoral Candidates and Postdocs of all Faculties

Course language

English

Registration

Please register **by June 21st, 2021**, via e-mail at info@ggs.uni-giessen.de