Some links that offer a diverse portfolio of interesting topics during a more quiet period away from the lab. Time to explore…

**Tips on how to structure your day working home**

<https://www.sciencemag.org/careers/2020/03/working-home-because-covid-19-here-are-10-ways-spend-your-time>

**Presence and Awareness training apps**

<https://insighttimer.com/>

most extensive free library of guided meditations, music and talks provided by the experts from the fields of neuroscience, psychology, mindfulness, as well as lecturers from Stanford University, Harvard University, and the University of Oxford.

<https://www.headspace.com/>

introduction to different meditation exercises; playful

**talks on presentations, cooperation, secrets to success**

[Speaking Up Without Freaking Out | Matt Abrahams | TEDxPaloAlto - YouTube](https://www.youtube.com/watch?v=XIXvKKEQQJo)

[Presentation Zen: Can (and should) scientists become great presenters?](https://www.presentationzen.com/presentationzen/2013/08/can-scientists-be-effective-communicators.html)

[Nancy Duarte: The secret structure of great talks | TED Talk](https://www.ted.com/talks/nancy_duarte_the_secret_structure_of_great_talks?awesm=on.ted.com_Duarte&utm_campaign=&utm_medium=on.ted.com-copypaste&utm_source=t.co&utm_content=awesm-publisher)

[Jamie Oliver: Teach every child about food | TED Talk](https://www.ted.com/talks/jamie_oliver)

[Melissa Marshall: Talk nerdy to me | TED Talk](https://www.ted.com/talks/melissa_marshall_talk_nerdy_to_me#t-249413)

[Steve Jobs Stanford Commencement Speech 2005 - YouTube](https://www.youtube.com/watch?v=D1R-jKKp3NA&gl=DE&hl=de)

<https://www.ted.com/talks/frans_de_waal_moral_behavior_in_animals?language=de#t-42784>