

„Back in the driver seat“ (online workshop in English)

Monday, 9th October and Wednesday, 11th October from 9-13 a.m. each day

This workshop is for scientists who are currently in a post-doctoral position. It will help you to make informed and more objective decisions, overcome the feeling of lacking of control and instead take the driver seat. The workshop will look into Distinctive Strengths and the Status Quo before performing the exercise of Year In, Year Out. After a break to digest the information, we will focus on the future, how to embrace constraints, and the psychology and tools for decision making (including at least one live coaching). The workshop will end with a wrap up to integrate learnings. The workshop uses systemic business coaching tools and activities which will be done in plenum and in small break-out sessions. We will have a look into mental barriers and how to overcome those. Each participant gets a 30 min power coaching session afterwards if wanted.

In order to match the workshop to the needs of the participants and to adapt it to current challenges, there is a 15-minute meeting in advance on Tuesday, September 26th at 2 p.m.

Target group

female scientists who are currently in a post-doctoral position

Organised by:	Equality and diversity office (JGU)
Date/time:	Monday, 9th October and Wednesday, 11th October from 9-13 a.m. each day Online workshop in English via ZOOM
Your trainer:	Dr. Franka Schröder; Systemic Business Coach (studies in Transport Systems at the Technical University of Berlin, doctorate in aerodynamics at the RWTH Aachen and several years of industrial experience in Formula 1)
Registration:	Via e-Mail proewin@uni-mainz.de