



Target groups

Invited to participate are early-career and mid-career women scientists working within the translational research commons (scientists from BIH, Charité and MDC). Please check the training descriptions for information on the specific target group.

Participation is free of charge.



Venue

All events and workshops take place at the *BIH head office*
Anna-Louisa-Karsch-Str. 2
10178 Berlin



Childcare

BIH wants to support scientists with children and offers childcare during the workshops at the venue. Please let us know when you register, if you need childcare.



Registration

Please register equal.opportunity@bihealth.de



Contact

All events are organized by the BIH equal opportunities unit. If you have any questions or comments, please contact

Karin Höhne
Equal Opportunity Officer
equal.opportunity@bihealth.de



Information

You will find the detailed training descriptions on the website www.bihealth.org/en/equalopportunities

Berlin Institute of Health

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Equal Opportunity

»Realizing the equal participation of women and men in the field of scientific research« is an important objective of Berlin Institute of Health (BIH)

In order to achieve this goal, we wish to dismantle structural and individual barriers creating disadvantages for female scientists, increase the proportion of women at all career levels where they are under-represented, create family-friendly working conditions and develop an organizational culture featuring gender and diversity competence. We can achieve such a culture by being sensitive to structural and individual disadvantages, questioning traditional role models and gender stereotypes and accepting modern work models and ways of life.

One field of intervention within the equal opportunity work of BIH is career support for female PhDs and Postdocs as women still form a minority in the top positions of scientific research. To support female researchers, BIH offers a variety of themes and formats such soft skill training, networking events and individual coaching, which can be helpful when building a career in science.

Female Career at BIH

Workshops and Networking Opportunities for Women Scientists

Workshops and Coaching Program 2019

DE: GERMAN EN: ENGLISH

MARCH 21 + 22 / 9:30 AM–5:30 PM MEDIA TRAINING / DE

Getting It Right: How to Talk to Journalists Effectively - media training for women scientists

The workshop offers exclusive media training with a small number of participants. The explanations and exercises of the workshop are designed to train the required communication skills that scientists need when contacting the press and giving interviews. In addition, the participants will learn about the support women scientists can receive from the BIH to interest a lay audience (like journalists) in their research topics. The participants are instructed to formulate their own research into clear core messages and to present them with presence and impact. All participants will get the opportunity to practice being in an interview situation in front of a camera and then receive feedback from the trainer and the group through video analysis.

Please note, those applying are requested to attach an explanation of the translational aspect of their research, as well as the motivation to participate in the training!

Julia Binsack (*journalist and communication coach*)
Participants: max. 8
Registration: February 22, 2019

APRIL 5 + DECEMBER 4 COACHING / DE+EN

Individual coaching sessions for early- and mid-career women scientists

Do you need useful feedback concerning your individual scientific situation? Do you want feedback on your funding strategy or your funding exposé? The coaching is a one-to-one setting that helps you very effectively find your way to succeed.

Important elements of the coaching sessions include

- › Developing short and medium-term career goals and a long-term career plan
- › Using these goals to determine an appropriate funding profile
- › Providing résumé feedback
- › Reviewing research proposals from an evaluator's perspective (if applicable)

Dr. Beate Scholz (*consultant, coach, trainer*)
Details: 6 short coaching sessions,
50 min. each on both days, follow-up as
Skype-coaching on June 7, 2019 and February 7, 2020
Participants: max. 12
Registration: for April: March 8, 2019
for December: November 8, 2019

SEPTEMBER 5 + 6 / 9:00 AM–5:00 PM WORKSHOP / EN

(Self)Leadership for scientists

This workshop will help participants to become confident and comfortable in their role as a leader in science. At the end of the workshop, the participants will:

- › understand what constitutes leadership and how it differs from management
- › be aware of what makes each leader(ship style) unique
- › understand the importance of interpersonal communication skills when leading a research group
- › master basic communication and conflict management skill

- › be aware of how to create an environment where members of the research group feel motivated and inspired by their leadership
- › appreciate that good leadership starts within
- › become more aware of who they are and what they want

Dr. Hilde Janssens (*researcher, trainer, mentor*)
Participants: max. 14
Registration: August 9, 2019

OCTOBER 28 + 29 / 9:00 AM–5:00 PM WORKSHOP / EN

Time-, career- and life management for women in science

Every week has 7 days, 168 hours or 10080 minutes ... a lot of time to do a lot of things! Still, many of us suffer from the feeling of always having too little of it and are not sure what to do with it. During this seminar, we will dive into the exciting world of career options and how to get there. We will think about our private ambitions and how to match them with family and career. We will set doable goals and provide tools and ideas to optimize your time investment. Furthermore, we will discuss how to balance science and life in different contexts and how to plan your days in a flexible work environment.

The aim is not only to work more efficiently and to reduce personal »stress«, but also to be keen on undertaking the next professional step and to be successful in your career and your personal life.

Dr. Karin Bodewits (*trainer, scientist, author*)
Participants: max. 12
Registration: September 27, 2019

NOVEMBER 20 + 21 / 9:30 AM–5:30 PM WORKSHOP / EN

Everyone has a story to tell: Storytelling in Science Communication

This workshop is aimed at scientists who want to present their research with more impact by using the technique of storytelling. The participants will learn to use classical narrative structure as well as the concept of the hero's journey to describe their work and thereby present facts and figures to a target audience in a more understandable and appealing way. The participants will be instructed on various creative techniques, work with key components of storytelling, be given the opportunity to develop and present stories for different contexts and receive feedback from the trainer and the group.

Julia Binsack (*journalist and communication coach*)
Participants: max. 12
Registration: October 23, 2019

Talking biography a networking event for women scientists

Early and intermediate career women scientists are offered the opportunity to network with a distinguished researcher or entrepreneur. During this open, informal seminar, topics such as career planning, conducting negotiations and entrepreneurship will be discussed. The invited speaker will talk about her career and the participants have the opportunity to ask questions and network with each other. Snacks and beverages will be provided.

Please check the BIH website for the next meetings.