



Target groups

Invited to participate are early- 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

We are pleased to offer childcare services at the female career@BIH events. Let us know if you need childcare. Please include the number of children and their ages in your registration. If you have further questions you can contact the BIH equal opportunity officer at

*equal.opportunity@
bihealth.de.*



Information

You will find the detailed training descriptions on the website

*www.bihealth.org/en/
equalopportunities*



Registration

Please register via mail

*equal.opportunity@
bihealth.de*



Contact

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

*Karin Höhne
(Equal Opportunity
Officer),
equal.opportunity@
bihealth.de*

Berlin Institute of Health

Anna-Louisa-Karsch-Str. 2
10178 Berlin
info@bihealth.de
www.bihealth.org
@berlinnovation



Female Career at BIH

Workshops and Networking Opportunities for Women Scientists

Equal Opportunity at BIH

»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 at the top positions in the field of scientific research. To support female researchers BIH offers a variety of themes and formats such as soft skill training, networking events and individual coaching, which can be helpful when building a career in science.

Please note

Some of the workshops will be held in German, others in English. The workshop will be announced in the respective course language.

Workshop and Coaching

Program 2020

Mar 09 1:00 PM – 7:00 PM

Mar 10 9:00 AM – 5:00 PM

Training / EN

Career Networking and Training Event for International Women Scientists

Dr. Lisa Steinhauser and Dr. Philipp Gramlich / from naturalscience.career

During the two days, we want to focus on scientific careers in Germany and provide you with information and insider knowledge. Day 1 is dedicated to networking and getting a lot of information about scientific career options in Germany and in Berlin. Day 2 is a career planning workshop »Career development for academics« with Dr. Lisa Steinhauser and Dr. Philipp Gramlich from naturalscience.career.

Please note

The event is primarily aimed at international female postdocs.

Register until Feb 28, 2020

max. 30 Participants

Mar 23 + 24 10:00 AM – 5:00 PM

Workshop / EN

How to Set Boundaries & Say No Rhetoric-Empowerment-Training for Confronting Sexist Behaviour at Work

Julia Lemmle / communication & empowerment trainer, coach & performer

Sexism is an everyday reality, so deeply internalized we have to pay attention to realize it (even within ourselves). The seminar wants to provide a space where women get the chance to support each other and learn how to deal with any assault at work. Leading questions for the participation might be: How can I use my anger in a constructive way? Where and in

what ways did I learn to feel small and put the needs of others first? How can I support other women when I witness sexist remarks / behavior? Can I say No without being aggressive? How to deal with persistent and disrespectful colleagues? Who is controlling this situation and how do I recognize that? Am I willing to take over control and lead? Awareness about body language and using it with more consciousness and effect is a central aim of the training.

Register until Mar 9, 2020

max. 15 Participants

Apr 23 10:00 AM – 5:00 PM

Coaching / EN + DE

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

Dr. Beate Scholz / consultant, coach, trainer

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.

Please note

5 short coaching sessions, 60 min. each follow-up as Skype-coaching on June 19, 2020

Register until Apr 2, 2020

max. 6 Participants

Mai 11+25 9:00 Uhr – 15:00 Uhr

Workshop / DE

Auftrittskompetenz Körper und Stimme

Prof. Ulrike Völger / Dozentin, Trainerin, Schauspielerin

Persönliches Auftreten bestimmt jede Begegnung mit anderen Menschen, ob als Redner*in, als Teil eines Teams, im Bewerbungsgespräch oder bei einer privaten Begegnung. In diesem Workshop geht es darum, Ihr Bewusstsein für den eigenen Körper, Ihre Stimme und Sprechweise zu verbessern. Sie entdecken noch

ungenutzte Potenziale und verringern die Diskrepanz zwischen Fremd- und Selbstwahrnehmung. So kann sich Ihre Ausstrahlung entfalten und es entsteht Kongruenz zwischen Fachkompetenz, Persönlichkeit und Auftritt.

Bitte beachten Sie

Der Workshop beinhaltet beide Termine.

Anmeldefrist bis 27. Apr. 2020

max. 12 Teilnehmerinnen

Aug 18 + 19 9:00 AM – 5:00 PM

Workshop / EN

Voice and Body Coaching Communicating with Confidence and Accuracy

Julie Stearns / communication trainer, coach, actress

»If only my voice and body could only communicate what I am clearly thinking!« Integral to voice and body training is the central idea that physical and vocal dynamics are connected to the speaker's motivation and to the importance of the information being communicated. The trainer has a professional theatre background, which is a unique benefit for the participants to help identify the verbal challenges of each speaker, giving attention to breath, articulation, intonation, volume, modulation and tempo. Training is given to improve non-verbal aspects such as gesture, positioning, distance, eye contact and relationship with media.

Register until Aug 4, 2020

max. 12 Participants

Sep 9

Coaching / EN + DE

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

Dr. Beate Scholz / consultant, coach, trainer

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.

Please note

5 short coaching sessions, 60 min. each follow-up as Skype-coaching on December 11, 2020

Register until Aug 13, 2020

max. 5 Participants

Okt 5 + 6 9:00 Uhr – 15:00 Uhr

Workshop / DE

Power to! Präsenz, Selbstwirksamkeit und kommunikative Steuerungsmöglichkeiten im beruflichen Alltag

Deborah Ruggieri / Dozentin, Trainerin, Coach

Der Workshop adressiert die Themen Macht, Kommunikation und Ressourcenarbeit. Welchen Zugang habe ich zur Macht und wie lässt sich dieser gestalten? Wie kann ich meine Kommunikation dadurch steuern? Was sind meine Stärken und wie kann ich diese gezielt einsetzen? Wie setze ich Körpersprache und Statusflexibilität in Verhandlungen und Diskussionen ein? Die Teilnehmenden sind eingeladen, sich mit ihren Stärken, ihren professionellen Ressourcen sowie unterschiedlichen Rollen und Positionen im Berufsleben auseinander zu setzen. Ziel des Workshops ist es, den eigenen kommunikativen Spielraum im beruflichen Kontext zu erweitern, um erfolgreich eigene Ziele durchsetzen zu können.

Anmeldefrist bis 21. Sept. 2020

max. 14 Teilnehmerinnen