

## **HANDS-ON STRATEGIES FOR CAREER DEVELOPMENT**

### **BIH Workshop for female PhDs**

#### **Workshop Content**

If your professional goal is a successful scientific career, don't leave the course of your career to chance. Instead adopt a forward-looking and pro-active approach to planning and designing your personal career path. An initial step in the development of your plan is to undertake an in-depth and true analysis of your personal skills, competencies, values and goals. A thorough, accurate assessment of your own potential will enable you to proceed on your path in a goal-oriented manner. This strategy will assist you in coherent and accurate decision-making and in the effective exploitation of your specific, individual potentials. In the course of the workshop, you can then use these findings in contemplating the best strategy for your own personal career development.

#### **Workshop Goals**

- Identification of biographical key moments related to your career
- Compilation of your individual skill profile (professional, methodological, social and personal) and of your personal value profile
- Discussion of structural barriers and compatibility challenges in academia
- Reviewing the high relevance of self-marketing and networking for career success
- SMART career goal formulation
- Selection of those personal core skills crucial for achieving this goal -> Plan A
- Collection of ideas for plan B (high degree of overlap with plan A)

#### **Methods & Approaches**

- Creation of an individual life profile
- Short, informative theoretical input concerning the contents outlined above
- Group coaching & one-on-one coaching elements
- Transferring theory into practice by reflection on your own behaviour
- Receiving ideas and feedback vis-à-vis building your career
- Interactive exchange

## **Participation**

Invited to participate are female PhDs working in the joint research space of BIH.

## **When? Where? How to register.**

When 5 October 2015 from 9 am to 6 pm

Where CCM, Seminarraum 4 (02.151), Sauerbruchweg 3

**Please register until 21 September 2015 and send your curriculum vitae:**

**[kunze@bihealth.de](mailto:kunze@bihealth.de)**

Participation is free of charge. A free of charge child care can be organized upon request.

## **Introduction of Workshop Trainer Dr. Silke Oehrlein-Karpi**

Dr. Silke Oehrlein-Karpi has been working as coach and trainer for scientists since 2008. Before becoming a coach, she led a project group for the Collaborative Research Centre 490 in Mainz. During those 10 years she worked as a biologist in the field of basic medical research and gained extensive experience in setting up and successfully leading scientific projects. In terms of her current work, she uses her “insider knowledge” from her time in academia combined with her resource-oriented and diversity-related coaching perspective on individuals. She is a member of Coachingnetz Wissenschaft e.V.

This event is organized by the BIH equal opportunity unit. If you have any questions or comments, please contact: [kunze@bihealth.de](mailto:kunze@bihealth.de)