

TARGET GROUP

Doctoral researchers in at least their 2nd year and postdocs (preferably from the natural and life sciences)

CONTENT

The majority of PhD holders does not stay in academia, but pursues careers in a variety of fields. Many young scientists struggle with finding out which career path they would like to pursue. They are not sure which career options exist, and they often have never taken the time to reflect on what kind of work they would actually like to do, and what their values, interests and goals are. The following topics will be covered in the course:

1. Discovering career and life goals: What kind of work would they like to do? What are their dreams and ideas for the future?
2. Exploring career options: Where do people with a PhD outside academia work?
3. Analyzing skills and competencies: What are they good at? What do they enjoy doing? Which “hidden” competencies are they maybe not aware of?
4. Make a plan: What are the next steps?

GOALS

After this course, participants

- have a better understanding of their **life and career goals**.
- have analyzed their **skills and competencies**.
- are aware of **career options within and outside academia**.
- have designed their **individual career development plan**.

ORGANISATIONAL INFORMATION

This course consists of four webinars (two hours each) that take place over the course of two or four weeks. Participants should allocate time for self-study in between webinars. Course content and exercises for the self-study part can be accessed via an online course platform. Maximum of 12 participants. Individual follow-up coachings are possible. Language: German or English.

Webinar 1 Self-study

Webinar 2 Self-study

Webinar 3 Self-study

Webinar 4 Self-study

Coaching optional

METHODS

Pre-course survey: Course content will be tailored to participants questions & needs;

Webinars: Short lectures, group work in breakout rooms, discussions;

Self-study: introspection / individual work with coaching exercises; Online course platform offers access to worksheets, further information and videos; Online-forum enables exchange among course participants and support by the lecturer in between webinars;