



Career Planning - Intensive Course



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 scientist 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 in life 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. Analyzing skills and competencies: What are they good at? What do they enjoy doing? Which “hidden” competencies are they maybe not aware of?
3. Exploring career options: Where do people with a PhD outside academia work?
4. Make a plan: What are the next steps?

AIMS: 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 outside science**
- ✓ Have designed their **individual career development plan**

METHODS: **Webinars:** Short lectures, group work, discussions; **Self-study:** introspection / individual work with coaching exercises; Access to worksheets, further information and videos; Online-forum enables exchange among course participants and optional support by the lecturer in between webinars;

FURTHER INFORMATION: The four webinars can take place weekly or two webinars / week. Webinars take place in Zoom and last between 90-120 minutes. Time for self-study in between webinars. Course content for the self-study part can be accessed via the online platform Elopage. Maximum of 12 participants. Individual follow-up coachings are possible (optional).

