



Online Career Coaching for individuals



TARGET GROUP: Doctoral researchers and postdocs (preferably from the natural and life sciences)

CONTENT & METHODS: As a doctoral researcher or postdoc you have many job options in and outside research! But maybe you are unsure how to decide which one to choose? Or you do not know which options exist? When it comes to career planning, young scientists often get stuck or go around in circles instead of getting closer to their goal. This is where my career coaching comes in and opens up new perspectives and new ways of thinking. Depending on your specific topic, I use appropriate methods from different areas, e.g. biographical exercises, analysis of values, developing of visions and goals, assessment of competencies, career exploration and decision making. If necessary, I also offer support for checking your CV and job application materials.

AIMS: My career coaching helps doctoral researchers and postdocs to make informed decisions about their future career, and to self-confidently and self-consciously take the next career step.

QUALIFICATIONS & CONCEPT: I am an accredited Kompetenzenbilanz-Coach (PerformPlus) and Career-Coach (Dr. Migge-Seminar). I conduct my career coachings in a holistic way. It's not just about competencies and job opportunities, but also bigger questions like: How do you find purpose in your life? Where do you want to go in life? How can you live your values? We combine the cognitive-rational world with the intuitive-emotional world.

FURTHER INFORMATION: Free initial consultation (approx. 15 minutes); duration of the coaching according to agreement, minimum coaching package is 3 hours; coachings can take place in Zoom, Skype or Wunderroom;

