



Online Career Coaching



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

CONTENT & METHODS: Doctoral Researchers and postdocs have many job options in and outside research. But often they are unsure how to decide which one to choose and 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 the 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 CVs 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: Duration: flexible according to agreement, minimum 60 minutes; Coachings take place in Zoom and can be booked separately or as a follow-up to online courses;

