

## **Potential Analysis – Figuring Out Your Skills and Values**

An essential step in the strategic planning of one's own career is the open analysis of individual skills, competencies, values and motives. Being able to correctly assess one's own potential helps to proceed in a goal-oriented manner, to make coherent decisions and to find a job position that satisfies you. Figuring out one's own potential is a challenging and exciting process that is important for an authentic and successful self-presentation in the job context. For receiving attention in the professional world inside and outside of academia, while applying for a new position or while looking for new professional challenges, it is crucial to know how to emphasize personal qualities and strengths. Gender aspects of individual topics will be discussed and demonstrated at the appropriate place.

### **Objectives**

Develop awareness about your specific individual skills, competencies and values and how to communicate them effectively in the professional context.

In this workshop:

- You will develop a personal "life profile", which not only covers your professional expertise but also competencies acquired in all areas of life.
- You will compile the unique selection of your individual skills, competencies and values.
- You will be supported how to use your individual profile to position yourself and adapt to the ever-growing demand of particularly skilled employees and leaders inside and outside of academia.
- Career crafting strategies will be addressed.

### **Coach**

Dr. Silke Oehrlein-Karpi has been working as a coach and a 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 medical basic research and gained a lot of experience in setting up and successfully leading scientific projects. In terms of her current work, she uses this "insider knowledge" and the insights in the academic world through the exchange with several thousand individuals during the last 11 years. Her group coaching workshops inspire, motivate and empower the participants in order to boost their self-efficacy and pro-activity regarding upcoming work situations and projects. She is a member of the Coachingnetz Wissenschaft e.V.

### **When and Where**

Friday, 24<sup>th</sup> January 2020; 9:00 am to 6:00 pm; Palmeria, Palmsanlage 3, Erlangen; rooms: Bamberg & Nürnberg

### **Further information**

Participant limit: 12

Course language: English