

Workshop programme for researchers in „F³G-Forschungsverbund“
FAU Erlangen-Nürnberg 2022



<u>Date</u>	<u>Workshop</u>	<u>Coach</u>	<u>Form</u>
Monday, 24 th January 2022 <u>until</u> Thursday, 27 th January 2022	Self-presentation and networking	Dr. Karin Bodewits	online
Thursday, 17 th February 2022 <u>and</u> Friday, 18 th February 2022 Additional Date: 25th + 26th April 2022	Date 1: Thesis Defense Training Date 2: Thesis Defense Training	Dr. Malte Engel Dr. Anja Berninger	online online
Friday, 25 th March 2022	Good Scientific Practice	Dr. Anne Hamker	online
Wednesday, 18 th May 2022	Making science visible	Dr. Susanne Frölich-Steffen	online
Thursday, 13 rd October 2022 <u>and</u> Friday, 14 th October 2022	Stress Management and Resilience	Dr. Isabel Werle	online
Tuesday, 25 th October 2022 <u>and</u> Wednesday, 26 th October 2022	Leadership in Academia	Dr. Neele Enke	online
Thursday, 17 th November 2022 <u>and</u> Friday, 18 th November 2022	Mastering Communication Challenges - Conducting Difficult Conversations	Dr. Silke Oehrlein-Karpi	online
Additional Workshop: Wednesday, 07th December 2022	Understanding Gender	Dr. Susanne Frölich-Steffen	online

Self-presentation and networking

Do you find yourself at conferences drinking coffee alone or only with your own colleagues? Do you seem to miss every chance to network? Or do you have the feeling you can't keep the conversation going or can't even start it in the first place? No matter if you answer one of those questions with a clear "yes" or you simply have the feeling that you could perfect your self-presentation skills, then this seminar might be just right for you. From the first impression you leave, the conversation that follows to a successful or friendly follow-up... we will cover it during this seminar.

This is an interactive workshop with a lot of exercises and real-life examples. There is a special emphasis on communication, networking and media usage. The participants will be asked to prepare and debrief each session, submit written and recorded work to the trainer and also provide peer-to-peer feedback to other participants.

In this workshop you will ...

- get tips and tricks for expanding and keeping your network
- improve your self-presentation appearance
- design your personal pitch for job interviews, trade and career fairs, conferences and meetings
- learn about body language and the importance of a professional first impression
- get input on professional media usage for your career as a scientist

Coach

Dr. Karin Bodewits comes from the Netherlands where she studied Biology. After spending some time at Puleva Biotech in Spain and Unilever in China, she completed a PhD in Biochemistry at the University of Edinburgh. In 2012, she founded the successful company NaturalScience.Careers, a seminar and talk provider for natural- and life scientists. In this function, she became book author, short story writer, speaker and seminar leader and published a wide range of career and soft skills related articles in magazines like Chemistry World and Naturejobs. She writes the Career Fables for Science Careers.

When and Where

- Online-Workshop
- Monday, 24th January 2022 until Thursday, 27th January 2022, every day from 9 a.m. to 11 a.m.

Further information

Participant limit: 20

Course language: English

Thesis Defense Training

In their thesis defense, doctoral students have to present their research to the board of examiners and then answer critical questions. This course is designed to prepare doctoral students optimally for this situation. In the first part of the course the participants get practical tips for their introductory presentation: how to structure the presentation, how to build up the central argument, what language to use, etc.

The second part of the course deals with typical problems that occur during the discussion: How to respond to criticism and "killerquestions", how to deal with stage fright and black-outs, etc.

In the third part, participants get the chance to give their presentation and to receive feedback from the group and from the trainer.

The participants:

- give a convincing and well-structured presentation
- deal confidently with counter arguments and critical questions
- are well prepared and feel confident about their thesis defense

Coach

Dr. Malte Engel studied philosophy, psychology and English literature. From 2007 to 2010, he received a scholarship from the Berlin School of Mind and Brain to complete his doctorate at the Chair of Ethics at the Humboldt University of Berlin. In 2013 he started teaching courses on critical reasoning and logic and founded the Institute of Argumentation Competence in Berlin. Today he and his colleagues offer courses at more than 60 Universities and Research Centers across Europe.

When and Where

- Online-Workshop
- Thursday, 17th February 2022, 9 a.m. to 2 p.m. **and** Friday, 18th February 2022, 9 a.m. to 5 p.m.

Further information

Participant limit: 10

Course language: English

Target group: Doctoral candidates in the final year of their doctorate

Good Scientific Practice

Any responsible conduct of research should be based on honesty, accuracy, efficiency, and objectivity. The workshop Good Scientific Practice focuses on these scientific standards of international research. It raises awareness of the subject matter by providing doctoral candidates with a set of professional values and ethical norms as well as required competencies and skills to pursue scientific integrity. The content of the course follows the curriculum “Safeguarding Good Scientific Practice” (Memorandum and Code of Conduct) of the Deutsche Forschungsgemeinschaft (DFG).

Special Topics

- Introduction to good scientific practice
- Mentoring in the science system
- Misconduct in scientific research
- Conflicts of interest in scientific cooperation
- Data management
- Publication ethics

Coach

Dr. Anne Hamker:

Study of art, visual communication, German and literary studies (teacher training and Master’s degree) at the Universities of Paderborn, Oldenburg, and Frankfurt am Main

1999: doctoral degree in art history

2001-2003: postdoc in the Division of the Humanities and the Social Sciences and postdoc fellow in the Division of Biology at the California Institute of Technology (USA)

2005: research fellow in Neurosciences and Cognitive Sciences at the Hanse-Wissenschaftskolleg (Institute for Advanced Study)

2006-2008: lecturer at the International University Bremen/Jacobs University Bremen

2009-2010: scientific adviser for the AoN (Association of Neuroaesthetics), Lecturer at the Danube University Krems (AUT)

2012-2014: research assistant at the University of Technology Chemnitz

Since 2014 independent trainer at various universities and research institutions

When and Where

- Online-Workshop
- Friday, 25th March 2022, 9 a.m. to 4.30 p.m.

Further information

Participant limit: 15

Course language: English

Making science visible

How to use PR-strategies to increase your chances within academia? Many researchers aren't very familiar with marketing tools. Moreover marketing seems to be suspect. However, also science follows the rule of a closed market, and being seen is one of the most important skills scientists have to develop during the phase of qualification.

The workshop will train female researchers to increase their visibility within academia. That means to use social networks, to establish PR as daily business as well as to network.

The training will offer options to discuss your individual situation with others and to develop strategies to increase your visibility.

Content

- Handling your research partners and institutes as clients
- Planning research with farsightedness
- Implementing your own PR-Strategy
- Establishing and keeping contacts via social networks

Coach

Dr. Susanne Frölich-Steffen, freelance rhetoric and didactic trainer. Until 1998 she studied political science at the LMU Munich, 1998 - 2000 HR officer at a medium-sized management consultancy, 2000 - 2003 doctorate at the LMU, 2000 - 2005 research assistant at the LMU, since 2005 freelance rhetoric and communication consultant. Focus: rhetoric and science, didactics, rhetoric and communication.

When and Where

- Online-Workshop
- Wednesday, 18th May 2022, 9 a.m. to 4.30 p.m.

Further information

Participant limit: 12

Course language: English

Stress Management and Resilience

PhD students and postdocs are regularly confronted with intellectual and temporal demands, struggle with a high volume of work, and often face uncertain future prospects. This frequently leads to feelings of frustration, exhaustion, or stress. In this workshop, participants will learn about practical stress management and gain knowledge on building (more) resilience. They will develop strategies for self-care, balance, and personal growth.

Content

- analyzing stressful situations, exploring stressors and stress signals
- identifying and handling individual drivers
- developing resource-based coping strategies
- practicing and implementing relaxation and mindfulness exercises
- learning about resilience and positive psychology
- setting healthy boundaries and prioritizing self-care

Coach

Dr. Isabel Werle earned her Master's Degree in the Humanities at the University of Tübingen and graduated with a PhD at the Technical University of Darmstadt. She worked in Public Relations for several years before she returned to university as a Research Associate in the area of Media and Communication, where she was primarily involved in research and teaching as well as in the development of various e-learning projects. Currently, she is mainly working as a trainer and coach in the field of Education, focusing on communication, conflict management, team development and leadership.

When and Where

- Online-Workshop
- Thursday, 13rd October 2022 **and** Friday, 14th October 2022, every day from 9 a.m. to 12 a.m.

Further information

Participant limit: 10

Course language: English

Leadership in Science

Researchers in their first leadership positions face multiple challenges: besides excelling in research and teaching, they are also expected to develop management skills and lead people in teams and/or projects to a successful outcome. Many of them find themselves in sandwich positions without any formal authority. Women in Academia are furthermore often confronted with gender related expectations and dilemmas.

The workshop covers essential questions in regard to leadership in science: e.g. Which (specific) requirements define leadership in research institutions, especially in the current trend of the internationalisation of research? What is my individual understanding of leadership (as a woman in Academia)?

The workshop provides room for the participants to reflect on their experiences and formulate questions. It furthermore introduces tools for the selection of new team members as well as for their instruction and development. Leadership approaches in sandwich positions and/or in lateral contexts will also be presented. Two key elements of leadership, namely communication and conflict management, will be the core themes of the second module.

Coach

Dr. Neela Enke has been working as a trainer since 2011 with a focus on conflict and diversity management as well as career development in higher education and research. As a certified coach and trained mediator, she supports postdocs, university employees as well as executives and accompanies people, teams and organizations in the constructive resolution of conflicts.

She has trained in the areas of intercultural competence, diversity management (incl. gender) and systemic organizational development, is a board member of Coachingnetz Wissenschaft e.V. and is actively involved in the Fachverband für gender_diversity-kompetente Bildung und Beratung e.V. as well as in the Bundesverband MEDIATION e.V. Dr. Neela Enke has initiated an event specifically on mediation and conflict resolution at universities and research institutes.

Dr. Neela Enke studied biology at the Philipps University of Marburg and received her doctorate at the Free University of Berlin. As a postdoctoral researcher and lecturer, she has worked at various universities and research institutions in Germany and other European countries and has coordinated and managed research projects and initiatives on a European level. In addition, she has been a reviewer for research funding agencies in several countries, e.g. in Belgium (BELSPO). She publishes articles and books.

When and Where

- Online-Workshop
- Tuesday, 25th October 2022 **and** Wednesday, 26th October 2022; every day from 9.30 a.m. to 1 p.m.

Further information

Participant limit: 12

Course language: English

Mastering Communication Challenges - Conducting Difficult Conversations

In most situations our communication is successful: we feel comfortable with it, understanding and progress take place: collaboration works, tasks are completed, goals are achieved, and solutions to problems are found. Nevertheless it happens that people find themselves in situations with others that they experience as very difficult and challenging, where suddenly the problem is in the foreground and feelings such as insecurity, anger, disappointment, frustration or powerlessness impair or even prevent an objective-constructive approach to the situation.

In this workshop we shed light on the topic of communication from different perspectives, supported by appropriate models and best practice approaches. Therefore we will integrate case studies, but also concrete examples and exercises from your current work situation. The goal is that you together with the other participants will get to know new approaches so that you can further develop your communication competencies.

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 proactivity regarding upcoming work situations and projects. She is a member of the Coachingnetz Wissenschaft e.V.

When and Where

- Online-Workshop
- Thursday, 17th November 2022 ***and*** Friday, 18th November 2022, every day from 9 a.m. to 1.30 p.m.

Further information

Participant limit: 8

Course language: English

*****Additional Workshop*****

Understanding Gender

This online workshop will give a short introduction on how Gender matters in our daily life at university. We will discuss Gender stereotypes and sexism as well as how gender affects us and our academic career. The workshop will give you the opportunity to reflect on the one hand stereotypes that influence your own academic development and on the other hand it will give you the chance to discuss how to deconstruct gender stereotypes to contribute to more gender equality in academia.

Goals

- Knowing about Gender bias in academia
- Dealing with Gender stereotypes in academia

Coach

Dr. Susanne Frölich-Steffen, freelance rhetoric and didactic trainer. Until 1998 she studied political science at the LMU Munich, 1998 - 2000 HR officer at a medium-sized management consultancy, 2000 - 2003 doctorate at the LMU, 2000 - 2005 research assistant at the LMU, since 2005 freelance rhetoric and communication consultant. Focus: rhetoric and science, didactics, rhetoric and communication.

When and Where

- Online-Workshop
- Wednesday, 07th December 2022, 9 – 12 a.m.

Further information

Participant limit: 13

Course language: English