

F³G Workshop Programme 2023

Career workshops for researchers of the F³G-Forschungsverbund
at Friedrich-Alexander-Universität Erlangen-Nürnberg (FAU)

Date	Time/Form	Workshop	Trainer
Monday + Tuesday + Thursday + Friday 16th + 17th + 19th + 20th January 2023	online , 4 live webinars 9.00 – 11.30 a.m. each	Navigating Social Media	Dr. Karin Bodewits <i>NaturalScience.Careers</i> https://naturalscience.careers/
Thursday + Friday 16th + 17th February 2023	online 9.00 a.m. – 4.00 p.m. each	Thesis Defense Training	Alexander Roggenkamp <i>Sprechwege</i> https://www.sprechwege.de/
Monday + Tuesday 06th + 07th March 2023	Face-to-face meeting Erlangen 1.30 a.m. – 5.30 p.m. + 9.00 a.m. – 5.00 p.m.	Supervisory Work & Leadership	Dr. Silke Oehrlein-Karpi <i>Coachingnetz Wissenschaft</i> https://www.coachingnetz-wissenschaft.de
Thursday + Friday 23rd + 24th March 2023	online 9.00 a.m. – 5.00 p.m. each	Writing Grant Proposals in Science	Prof. Dr. Annette Kolb <i>coachademics</i> http://www.coachademics.de/
Tuesday + Wednesday 25th April + 26th April 2023	online 9.00 a.m. – 12.00 p.m. + 9.00 a.m. – 3.30 p.m.	Presenting Data	Dr. Juliane Handschuh https://www.julianehandschuh.de/
Tuesday 23rd May 2023	online 9.00 a.m. – 1.00 p.m.	Gender Competence - and why it matters in a researcher's life and career	Dr. Sabine Blackmore https://blackmore-coaching.de/
Wednesday + Thursday 28th + 29th June 2023	online 9.00 a.m. – 1.00 p.m. each	Working effectively and efficiently - Time and Project Management for researchers	Dr. Daniel Friedrich <i>Impulsplus</i> https://www.impulsplus.com/
Thursday + Friday 05th + 06th October 2023	Face-to-face meeting Erlangen 9.00 a.m. – 4.30 p.m. + 10.00 a.m. – 5.30 p.m.	The Essentials of Scientific Writing	Deborah Bennett, Ph.D. https://www.beta-academic.de/
Thursday 30 November 2023	online 9.00 a.m. – 1.00 p.m.	Gender and Diversity in Academic Teaching	Melanie Bittner https://melaniebittner.de/

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Navigating Social Media

Facebook, Twitter or LinkedIn, by now, are no longer a new thing. Also, for scientists, social media platforms have become an integral networking tool to connect globally, exchange research ideas and advance careers. However, what is a proper way for scientists to make use of these platforms? In this online workshop, you will gain a better understanding of the current state of digital science communication. You will learn how scientists can integrate social media into their activities — in a helpful and productive way. The workshop advocates a reflected media usage that keeps a close eye on how and when it is recommended for you to 'go online'.

In this workshop, you will ...

- find professional assistance in clarifying your objectives for engaging with social media.
- why should I consider social media? What are my goals?
- find help in figuring out which of the many media platforms is the right one for you.
- find assistance on how social media may help you explore your career options.
- take first steps towards brushing up your personal professional online profiles.

Course flow online

	Individual course work (online)	Individual course work (online)	Individual course work (online)
Individual feedback from the instructor			
Live webinar: Technological development and science communication	Live webinar: How can social media be integrated into your academic activities?	Live webinar: What are the greatest challenges with social media?	Live webinar: Where to go from here? How can social media help explore career options?

In between the sessions, you are expected to work approximately one hour with the course materials provided to debrief or prepare the next session (please schedule 3 h for homework!)

Individual coaching sessions with the instructor will be scheduled on the first day of the course.

Further information

Language: English

Target group: PhD students and postdocs

Participant limit: 20

When and where

Online workshop, 4 webinars of 2.5 h each

Monday + Tuesday, **16th + 17th January 2023, 9.00 – 11.30 a.m. each** &

Thursday + Friday, **19th + 20th January 2023, 9.00 – 11.30 a.m. each**

Trainer

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 a book author, short story writer, speaker and seminar leader. She published a wide range of career and soft skills-related articles in magazines like Chemistry World and Nature jobs.

Thesis Defense Training

The last big milestone in a PhD is the oral defence of the dissertation, which brings particular challenges in communication. This workshop is aimed at doctoral candidates who want to prepare intensively for their disputation. Based on the participants' individual experiences, presentation techniques and five defense strategies are discussed in the workshop. The PhD candidates actively implement these strategies in the most important part of the workshop – the disputation simulations. Each candidate will present his/her research in five minutes and answer questions from their colleagues. In addition, managing stage fright and nervousness will also be addressed.

In this workshop, you will...

- get an overview of what to expect for your thesis defense
- get to know typical questions which may occur in your thesis defense
- get individual feedback concerning your rhetorical performance
- train to show your scientific expertise in an appropriate way
- be able to implement different communicative strategies that allow you to react to difficult questions in a calm and professional way
- get tips on managing stage fright and nervousness

When and where

Online workshop

Thursday + Friday, **16th + 17th February 2023, 9.00 a.m. – 4.00 p.m. each**

Further information

Language: English

Target group: Doctoral candidates in the final stages of doctoral work

Maximum number of participants: 12

Trainer

Alexander Roggenkamp studied Modern and Contemporary History, Political Science and English Philology at the University of Muenster and the University of Cyprus and graduated as Magister Artium. He also studied Speech Training and Speech Science in Muenster and Bochum. After his studies, he worked as a lecturer in oral communication at the University of Muenster. Between 2011 and 2017, he directed the German Academic Exchange Service in Athens, Greece.

Since 2006 he has been a trainer at "Sprechwege – Kommunikationstraining und –beratung" and provides communication and presentation training in English, German and Greek.

Supervisory Work & Leadership

Leadership means giving people direction and motivating them to achieve defined goals by giving their best. Leadership does not follow a specific recipe; instead, it is a complex process based on personal experience as a leader and as a person being led. The development of leadership skills depends on the context, the situation, and the people involved. Due to the different and changing challenges, leaders acquire skills and principles over time; they establish their own leadership profile. Leadership will be successful if the leader is willing to reflect on his or her own personality and situations arising from everyday leadership and to deal responsibly and appropriately with themselves (self-leadership) and the demands of everyday leadership. Scientists often follow their vocation with enthusiasm, readiness for action and high intrinsic motivation. Leadership is important in very different settings (e.g. bottom-up, top-down, lateral, formal/informal, interdisciplinary, -cultural, same site, different site, online/on-site). There is not necessarily an awareness of the responsibility that the role as a leader, as partner or as team member entails. There is also often a lack of role models to orient one's leadership behaviour.

In this workshop, you will ...

- find out which leadership style suits you best and receive an appropriate "toolbox"
- develop solutions not only for the classic bottom-up principle, but also leadership from below and lateral leadership
- get an overview of different leadership models (TCI, GRPI) and tools (self-leadership, delegation, etc.) that support your own leadership role
- be encouraged to manage complex processes confidently and pragmatically
- be encouraged to reflect on which of your competencies you are already using and what you can do in addition to be or become a respected, responsible and confident leader
- be able to establish a direct link to your everyday work by a mixture of short theoretical inputs and small practical exercises

When and where

Face-to-face meeting in Erlangen

When: Monday, **06th March 2023, 1.30 – 5.30 p.m.**

Tuesday, **07th March 2023, 9.00 a.m. – 5.00 p.m.**

Where: Seminar Rooms, 1st floor, Palmeria Mitarbeiterkantine, Ulmenweg 18, 91054

Further information

Language: English

Target group: Interested young scientists

Maximum number of participants: 12

Trainer

Dr. Silke Oehrlein-Karpi studied Biology at the University of Mainz and received her doctorate degree from the Institute of Physiological Chemistry at Mainz University in 1998. She proceeded to work at the University of Mainz and between 2006 and 2008 she was a subproject leader in a special research area. She also supervised and coached scientific doctoral candidates and students during this time. She completed numerous advanced training courses in the field of coaching and managing and has been working as a professional coach and trainer since 2008.

Writing Grant Proposals in Science

Successful third-party funding acquisition is one crucial performance indicator in science. Moreover, good scientific projects need financial support from third-party funding. In light of limited public funding, securing sources of financial support is an important task for a scientist. However, for many early-career scientists writing grant applications poses some difficulties and, at first glance, seems overwhelming. Even though there is no guaranteed success, the methods and instruments of writing proposals can be learnt. A prerequisite is an attractive project concept. If a convincingly formulated application is submitted, the chances of securing funding are good.

This workshop delivers proven grant application knowledge. It shows how strategic considerations naturally lead to a sound proposal. The participants receive theoretical input and engage with the various aspects through guided exercises. These include group exercises, and individual exercises, both with guided plenum discussions.

In this workshop, you will ...

- learn about the fundraising process in science (input from trainer, individual and group exercise, plenum discussion)
- get an overview of the fundraising landscape in Germany and the EU
- change the perspective: the reviewers point of view
- receive information about the logic and essence of a grant proposal
- learn the basics of proposal writing
- make strategic considerations: structure and style
- Proposal writing: My next steps (individual exercise)

When and where

Online workshop

Thursday + Friday, **23rd + 24th March 2023, 9.00 a.m. – 5.00 p.m. each**

Further information

Language: English

Target group: Advanced doctoral candidates and postdocs

Maximum number of participants: 12

Trainer

Prof. Dr. Annette Kolb is a biologist with 20 years of experience in research and teaching. Until 2014 she was an associate professor at Goethe-University Frankfurt am Main, where she led an international research team. Professor Annette Kolb has published more than 50 scientific articles. Moreover, she has extensive experience in project management and fundraising. 2008 she was awarded the 1822 University Prize for Excellent Teaching. Currently, she works as a science coach and trainer with a focus on academic career development. <http://www.coachademics.de>

Presenting Data

For a compelling presentation of one's research, more than just great data is needed. The audience should be picked up and carried along by the speaker. This can be achieved by making the visual presentation of the slides appealing and clear.

Furthermore, the posture, voice and presence of the speaker play a significant role in the presentation's success.

In this workshop, you will ...

- learn how to adapt presentations to the audience in **storytelling** and **slide design**
- learn how to use your body: **voice, body language and presence in the room.**
- will be introduced to presentation tools that can be tested in exercises

Trainer

Dr. Juliane Handschuh is a trainer who supports scientists with personnel development. She is a Neurobiologist and earned her doctorate at the Leibniz Institute for Neurobiology in Magdeburg. She completed several advanced training courses in coaching, mentoring and diversity and is now working as a full-time Soft Skill Trainer for scientists.

In her seminars, she focuses on strengthening key competencies such as communication, leadership, career development, time- and self-management, as well as the presentation of one's science in written and visual form.

When and where

Online workshop

Tuesday, **25th April 2023, 9.00 a.m. – 12.00 p.m.**

Wednesday, **26th April 2023, 9.00 a.m. – 3.30 p.m.**

Further information

Language: English

Target group: Interested young scientists

Maximum number of participants: 12

Gender Competence - and why it matters in a researcher's life and career

This workshop introduces "gender competence" to the participants in their research and teaching areas and an increasingly mentioned requirement for professorships or other academic posts. The term "gender competence" and its various aspects (e.g. sub-competences) will be outlined, contextualized and underpinned by practical examples and a hands-on approach. The participants reach a good overview of the importance of gender competence in their everyday life and careers.

In this workshop, you will ...

- reflect on the topic of gender competence - what is it, and what does it have to do with me and my field of research and work?
- be made more aware of gender issues in the scientific community
- establish practical references for everyday science and research, e.g. common gender stereotypes
- reflect gender competencies in your competence portfolio (keyword: scientific career)

Trainer

Dr. Sabine Blackmore is a literary critic and long-time gender equality activist at various universities (e.g. Humboldt-Universität Berlin, Beuth University of Applied Sciences Berlin).

She studied English/American Studies and Modern German Literature and earned a PhD in English Literature. Furthermore, she completed various trainings in coaching, gender equality and gender topics, e.g. resilience, gender competence, intersectionality, inner team etc.

Dr. Sabine Blackmore works as a coach, trainer and consultant for academia and equal opportunity issues.

When and where

Online workshop

Tuesday, **23rd May 2023, 9.00 a.m. – 1.00 p.m.**

Further information

Language: English

Target group: PhD students and Postdocs

Maximum number of participants: 12

Working effectively and efficiently - Time and project management for researchers

"No way! The deadline is next month already...?" Scientists need to be able to manage a wide variety of projects, including research, tutoring, teaching and spending sufficient time with their families. It takes good project and time management to use the resources available to you in the best possible way. This workshop offers different methods and strategies to help you achieve this, focusing on real-life situations and acute needs. The goal is to reflect on the way you organize your work and yourself and make pragmatic changes so that you can make the most efficient use of your time and deal with the highest-priority projects on time in the best possible way

In this workshop, you will ...

- reflect on the way you organize your work and yourself
- learn how to make pragmatic changes in your self-organization
- be offered different methods and strategies for time and project management
- learn how to use your time more efficiently

Trainer

Dr. Daniel Friedrich is an expert in project and self-management within and outside academia. After working in Berlin, Oxford and at the Australian National University, he taught and conducted research as a postdoc at the interdisciplinary Berlin School of Mind and Brain. He gained experience as a founder, taught as a Teach First Fellow, and currently works as a Data Scientist at Germany's largest portal for teaching materials. Since 2019, he has been contributing his experience as a researcher, PhD supervisor, and university lecturer at the "Impulsplus"-network.

When and Where

Online workshop

Wednesday + Thursday, **28th + 29th June 2023, 9.00 a.m. – 1.00 p.m. each**

Further information

Language: English

Target group: doctoral candidates and postdocs

Maximum number of participants: 14

The Essentials of Scientific Writing

The workshop will give participants an overview of scientific writing, focusing on writing abstracts. Researchers will learn to identify their research story and to communicate it clearly, effectively and precisely. A range of methods are employed in the workshop, including group text analysis, language exercises, and individual drafting and editing of an abstract.

The insights and strategies the participants will gain from this workshop will provide them with the practical tools they need to develop and improve their scientific writing in the future.

In this workshop, you will ...

- understand what makes a research story engaging
- combine key story elements to form article sections
- practice how to frame content in strong sentences
- gain tools and strategies to improve your scientific writing in the future

Trainer

Deborah Bennett offers specialist training in research communication and English for research publication purposes for post-graduate students and faculty members.

She has a PhD in Mathematical Biology, an MA in Teaching English for Academic Purposes and more than ten years of teaching experience in various teaching contexts.

She is an ILM-certified trainer and remains active in English for Academic Purposes research.

When and Where

Face-to-face meeting in Erlangen

Thursday, **05th October 2023, 9.00 a.m. – 4.30 p.m.**

Friday, **06th October 2023, 10.00 a.m. – 5.30 p.m.**

Where: Seminar Rooms, 1st floor, Palmeria Mitarbeiterkantine, Ulmenweg 18, 91054

Further information

Language: English

Target group: advanced doctoral candidates

Maximum number of participants: 12

Gender and Diversity in Academic Teaching

Student diversity is part of the reality of higher education. The different experiences and perspectives can enrich teaching and research.

But in everyday life, diversity also often brings challenges: How can I do justice to the different learning conditions of students? Which attributions shape my perception – also unconsciously? How can I create a space in which everyone can learn well? Which teaching attitude and choice of methods can foster a diversity-conscious learning environment?

The workshop is based on a concept of diversity focusing on anti-discrimination, i.e. we focus on diversity dimensions that socially "make a difference" because they lead to discrimination/privilege due to power relations such as sexism, racism, classism, etc.

Workshop goals:

- Raising awareness of gender and diversity in academic teaching
- Having an overview of the dimensions of gender and diversity-conscious didactics
- Developing practical approaches for the design of gender- and diversity-conscious teaching courses
- Getting to know resources for the independent development of gender and diversity competence for teaching

Trainer

Melanie Bittner is a freelance consultant for gender, diversity and anti-discrimination culture. After studying educational science and gender studies, she worked as a research assistant at the Humboldt University in Berlin and at the University of Göttingen in research and teaching. She also completed research stays at New York University in 2013 and 2015. She has many years of experience as a trainer and facilitator, including gender- and diversity-conscious higher education didactics, and is a certified gender trainer. At Freie Universität Berlin, she was a staff member of the Margherita von Brentano Centre and was responsible for the conception, realization and implementation of the "Toolbox Gender and Diversity in Teaching".

When and Where

Online workshop

Thursday, **30 November 2023, 9.00 a.m. – 1.00 p.m.**

Further information

Language: English

Target group: postdocs and doctoral candidates

Maximum number of participants: 14