

## **23. + 24.11.2020 - Developing your Career Strategies (en & digital)**

### **Ausgebucht!!!**

#### **Wann?/ When?**

23. November 2020

09:00 Uhr - 12:30 Uhr inkl. Pausen / 9 a.m. - 12.30 p.m including breaks

13:30 Uhr - 17:00 Uhr inkl. Pausen / 1.30 p.m. - 5 p.m. including breaks

24. November 2020

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#### **Wo?/ Where?**

digital per Zoom, die Zugangsdaten gibt es nach Anmeldung / digital via zoom, the login data is available after registration

#### **Wer?/ Who?**

Studentinnen, Nachwuchswissenschaftlerinnen / students, young scientists

#### **Inhalt des Workshops/ Contents of the workshop**

“Know where you are right now, look into the future and craft your own career path”

In this online workshop we intend to establish a mindset and atmosphere of appreciation and positive feedback.

You will work together with the other participants on your personal career development through guided self-reflection, self-assessment, interviews, discussions in small groups, peer coaching as well as role playing. We will share and collate the findings in plenary sessions.

Starting with your conception of yourself and self-image, which are important for “subjective” and “objective” careers, we will find out about your individual talents, motives and values.

Emphasising strengths, creative exercises will help you to discover more about and define your career goals. Putting these goals into a context means describing and analyzing possibilities, challenges and barriers for career developments in the academic as well as in the business world.

As we focus on activating resources, we will explore the actual scope for development you see within your organisation and your own situation currently and in the near future. Following the idea of “Love it, change it or leave it” we explore the idea of “job crafting”. It means (pro-)actively and individually designing your own work.

These scopes for development have not only to be discovered, but also employed as scopes of action on task as well as relationship levels. Thus we will work with triads of actual (and desired) function, person (professional identity) and role. You will draft an outline for yourself describing which tasks might be important and which relationships you identify as being important for your career and which you want to work on.

Depending on the participants' needs and wishes we will work on real life cases such as difficult negotiations or conflicts with superiors and colleagues. For the preparation of such difficult communication situations you will be provided with structured, han

on models which will enable you to work on co-operative, integrative, alternative solutions. In the workshop we can prepare together, simulate the case through short sequences of role playing with various actors and reflect upon the experiences in a structured way.

Through these and other exercises we also cover questions of authenticity, charisma and effectiveness. Wrapping up you will define your own personal practical next steps.

The aim is to bring across your strengths and talents effectively in face to face situations as well as in virtual networks to proactively design your career path.

**Sprache/Language**

Englisch/ english

**Trainerin/Coach**

> Christine Mattl (<http://www.vielfalt-mediation.at/>)

**Anmeldungen** einfach per Mail über das Projektteam. /**Registration** via email to the project team.