

## **.2020 - Coachingauftakt/ Coaching Kick-Off (Halle)**

Neuer Termin wird noch bekannt gegeben!!!

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

2020, 10:00 Uhr bis 12:00 Uhr / , 2020, from 10 a.m. to 12 p.m.

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

Martin-Luther Universität Halle-Wittenberg | Halle | genauer Ort wird noch bekannt gegeben /The exact location will be announced later

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

Studentinnen, Nachwuchswissenschaftlerinnen / students, young scientists

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

How I coach for „MeCoSa“

We all play different roles in our lives: we are mother/daughter/sister, student/employee/scientist, athlete, friend/co-worker and on. If we have problems in one of these roles that will affect the others as well. Coaching can help us to find and eliminate fear barriers and other things that block the way to being successful. It wants to empower the participants in their lives, especially relation to their careers. Doing so demands individual solutions, as only these will lead to success.

#### ► Kick-Off (120 min)

Coaching is a very sensitive process. Accordingly, it is necessary to get to know each other and create a safe space and trust the group. For those who are not familiar with coaching I will explain the methods and the difference between group coaching and individual coaching. Thus, the participating women can later make an informed decision for one of the two options. Emergent issues will be bundled into topics for 3 group coaching sessions.

#### ► Group Coaching (120 min)

The advantage of group coaching lies in sharing with other group members who have similar problems and can offer their point of view or relevant experiences. In that shared environment it is more likely to come up with a common solution or maybe one idea can be easily fitted to one's own situation. I will be engaging the group not only as a coach but also as a moderator with a full bank of know-how and experience.

#### ► Individual Coaching (90 min)

More complicated or private issues are better placed in an individual setting. Conversation is key, especially for asking questions that haven't been raised before or in that particular way. If I use other methods, I make sure to explain them first and that the coachee agrees with them. More complex problems often need time to be solved, they may have to be revisited or call for adjustment. Having 3 appointments over a longer period will usually allow for most issues to be permanently resolved.

**Sprache/Language**

Englisch

**Trainerin**

› Jana Scheidemann (<https://www.jana-scheidemann.com/>)

Life Coach

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

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