

24.-25.06.2024 Visibility of Female Students in Professional Network - Empowerment Coaching (EN)

Where?

Magdeburg-IFF

Sandtorstraße 22

39106, Magdeburg, Germany

When?

24.-25.06.2024, starts at 9 a.m

Language:

English

Trainer*in:

Dr. Silke Oerlein-Karpi

Networking is the most promising method for professional success! Studies show that 70% to 90% of attractive professional positions within and outside the academic world are found by making yourself deliberately visible in your network. The right internal and external network contacts can facilitate and support work processes by encouraging and inspiring you.

In academia, privileged groups of people continue to shape networking and determine structures, norms and rules of the game. Based on various socialization factors, people who belong to marginalized groups in the university context are structurally disadvantaged to a greater or lesser extent. In terms of the gender dimension, this leads to particular challenges for women and other underrepresented groups of people, which are often associated with frustration, resistance and anger. In order to change one's own behavior, it is first necessary to acknowledge that it always feels a bit fragile and vulnerable when you set out to expand your own networking activities.

The group coaching addresses the various ambivalences on the topic of visibility in professional networks. The aim of the group coaching is for the participants to reflect on themselves and their working environment in a "safe space" and to develop a personal networking strategy. This is based on the idea of the comfort zone model: Staying in your individual comfort zone with one foot, leaving it with the other. This is exactly where the workshop comes in and serves to empower participants to become more self-effective and pro-active in making themselves visible in relevant networks.

Group coaching with

- Development of individual, solution-oriented strategies that can be integrated into the participant's personal everyday working life
- Exchange of experiences, perspectives and feedback from the peer group and the coach

Maximum number of participants: 15 people

Registration deadline 17.06.2024

Click here for › registration (<https://www.kgc-sachsen-anhalt.de/home/MeCoSa/Anmeldung.html>)
