OTTO VON GUERICKE
UNIVERSITÄT
MAGDEBURG

MeCoSa

...ist ein Mentoring- und Coachingprogramm für
Absolventinnen, Studentinnen und
Nachwuchswissenschaftlerinnen der MINT-Bereiche der
Universitäten und Hochschulen des Landes Sachsen-Anhalt.

MeCoSa: Mentoring- & Coachingprogramm Sachsen-Anhalt

MeCoSa started in May 2019, with the last run ending on December 31, 2021.

MeCoSa is a mentoring and coaching program in Saxony-Anhalt that provides women with targeted and strategic support on their care paths. This is achieved through the project modules: › mentoring (https://www.kgc-sachsanhalt.de/kffg/en/%C3%9Cber+die+KGC/Qualifizierung+_+Karrieref%C3%B6rderung/MeCoSa/Mentoring.html), › coaching (https://www.kgc-sachsanhalt.de/kffg/en/%C3%9Cber+die+KGC/Qualifizierung+_+Karrieref%C3%B6rderung/MeCoSa/Coaching.html), workshops and › networking (https://www.ksachsen-anhalt.de/kffg/en/%C3%9Cber+die+KGC/Qualifizierung+_+Karrieref%C3%B6rderung/MeCoSa/Networking.html). New additions were the cours module, which was designed to make participants more self-confident, and the addition of English-language offerings (prima workshops and coaching).

Female students, young academics and graduates from the STEM fields of the colleges and universities in Saxony-Anhalt were able take part. These include Anhalt University of Applied Sciences, Harz University of Applied Sciences, Otto von Guericke Univers Magdeburg, Martin Luther University Halle-Wittenberg and Magdeburg-Stendal University of Applied Sciences.

The project team designed a complementary offering for **286 female participants** in the period from May 2019 to December 2021. T modules were freely selectable and could thus be put together individually for each participant.

During the project period, **44 mentees** were accompanied in the "Mentoring" module by a qualified trainer and project employee Ja Haselhorst in their search for a suitable mentor.

A total of 42 coachees participated in group coaching in 6 groups in Magdeburg and Halle, and 60 coachees took advantage of individ coaching with the help of project assistant Sandra Schinkel. Together, this amounts to **215 appointments in the coaching** contige which was covered by 10 qualified coaches.

There were also **52 workshops on 13 key topics** that are important for career paths in science and/or business, **5 empowerme courses** and **14 networking events**.

The project was coordinated by Maria Rosenbaum.

MeCoSa is a project of the Coordination Office Gender Research & Equal Opportunities Saxony-Anhalt (KGC) and is funded by the European Social Fund.

SACHSEN-ANHALT

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What is mentoring?

- Mentee - requirements and opportunities
- Materials & Manuals
- Mentor - tasks and opportunities

more...

What is Coaching?

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Unfortunately there are no offers at the moment.

more...

Network with us through the MeCoSa groups in:

(https://www.xing.com/communities/groups/mecosa-4-punkt-0-97db-1084082) (https://www.linkedin.com/groups/13951437/)

- Do's and Dont's
- Literatur zum Thema Vernetzung/ Literature on the topic of networking

more...

MeCoSa

KONTAKT ▶

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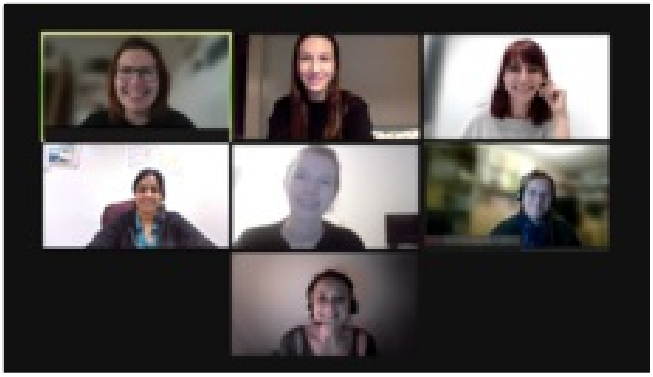
Michaela Frohberg l Leitung
Team

How do I sign up? ▶

What is the goal of MeCoSa? ▶

Who is the target group? ▶

What does MeCoSa offer? ▶

How much will it cost me to participate in the project? ▶