
Life and Career Navigator

*What do I really want
and how do I achieve it?
Vision- Goals Strategies in balance
for your desired position*

Trainer: Svenja Neupert

Duration: 2 x4 -hour video conferences

Languages: English/German



Preparation for your unique career profile in scientific and non-scientific fields

Content:

- Clear direction and life vision - Who am I? What do I really want?
- What is the purpose of my dissertation? What do I really want to achieve?
- How do I translate my holistic vision into concrete career goals?
- How do I resolve conflicting goals (e.g. career planning - private goals - mobility requirements)?
- Dynamic planning methods - target planning with many unknown elements
- Combinations of science-related career scenarios
- Overview of conventional and unconventional career strategies
- Result of the workshop - Individual clarity about the desired profession and first strategic planning steps

Methods:

This seminar consists of inspiring input, group work, discussion and individual exercises that combine to create a powerful learning experience with lasting impact.

Unconventional strategies for financial security for scientists

Trainer: Svenja Neupert

Duration: 2 x4 -hour video conferences

Languages: English / German



Overview of possibilities for a second source of income that is compatible (in terms of availability of time) with a career in science.

The question: "Should I stay in science or not?" is often also a question of financial security and long-term planning.

Many academics are very busy writing proposals and have too little time for the core task of teaching/research.

In this workshop, we will show you ways in which you can strategically build up a second financial pillar in order to be able to secure your own existence in a more stable and self-determined way.

Content:

- What mindsets are required for unconventional concepts of financial security?
- How do I recognise and change my mindset?
- What passive sources of income ("money machines") can I develop?
- Which one is suitable for me and my life plan?
- How can I build it up, what can I delegate?
- What about my time management? Can I initially build up financial security alongside my academic-scientific career?

Methods:

Interactive, productive and varied Zoom seminar with a balanced mix of theory and guidance on implementation.

New Work in Science

*Sustainable models
of cooperation in agile times*

Trainer: Svenja Neupert

Duration: 2 x4 -hour video conferences

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Development of new models and strategies - tailor-made for the scientific context

In this workshop, the opportunities and risks of the current situation are highlighted and sustainable models are presented with the aim of calmly and proactively mastering the challenges in one's own life and work situation, both internally and externally.

Content

- What does future-oriented leadership mean? (Paradigm shift)

1. Self-leadership

- Self-leadership, team leadership and leadership of organisations
- How do I proactively change the way I currently think and feel to adapt to agile times?
- Self-reflection on your personality and unique leadership qualities

2. Team leadership

- How to build a motivated and functioning team (team roles and personality) under hybrid conditions
- Values and principles of cooperation (culture)
- How to build productive information and communication structures
- Typical conflicts in everyday work and how to deal with them
- Checklists and management tools (delegation, feedback, annual review).

3. Transformational leadership for scientific organisations

- How can a better understanding be created in the three worlds: Science, industry and the public sector?
- Future scenarios of new work in academia

Methods

With a lively mix of practical exercises, discussions, tutorials and group work, this course explores the process of applying new concepts of work and organisation in academic and scientific settings.