



RaumZeit

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How to PhD – Tips and tricks for building your academic career

Workshop Description

Motivation and Objectives

It is easy to get lost in doing a PhD: Starting highly motivated defining the research topic, obstacles, challenges, technical problems, or other aspects soon take over the lead and we get lost in the details often even at the price of mental and physical health. Seen from the bright side, this exactly turns the PhD into a time of great development, both scientifically as well as personally. In order to facilitate this, we will use the workshop to step out of the details and take a look from top of the mountain onto:



- Your personal why as the core of your motivation
- Academic careers and what they need to understand what you should take into account today
- What you need in terms of skills and competencies, and
- Objectives and questions as the key to research and self- and time management.

Workshop contents

Part 1: The big picture (2 hours)

- Your personal why (impulse and work in groups of two)
- Pathways to an academic career (interactive presentation)
- Building up skills and competencies during PhD and postdoctoral research: The researcher development framework (impulse and work in groups of two)
- Ingredients to academic profiles (interactive presentation)

Part 2: Objectives link research and work-life-balance (2 hours)

- Work is just one aspect of work-life-balance (impulse and work in groups of two)
- Stress and self-management (impulse and work in groups of two)
- Good objectives are SMART (impulse and work in groups of two)

RaumZeit e.K.
Coaching Beratung Training
Inhaber Dr. Sabine Preusse
Mühlweg 1
D-61250 Usingen

Kontakt Daten
Tel +49 (0) 6081 - 9 85 70 05
Fax +49 (0) 6081 - 9 85 70 06
info@raum-zeit.de
www.raum-zeit.de

Handelsregister
Bad Homburg v.d. Höhe,
HRA 5345
Ust-Id.-Nr. DE 278148420

Bankverbindung
Deutsche Postbank AG
IBAN DE25 6001 0070 0635 0777 00
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- Monitoring means to question what you do and to take actions (impulse and work in groups of two)

Methods and workshop language

Methodologically this workshop focuses on objectives as the common denominator of career development, strategic decisions, doing research and balancing it with life, and self- and time management for staying healthy, the skill to step out of the details and take a look from the eagle's perspective to what we are doing. The trainer will provide impulses and background information addressing objectives in the context of careers and personal development, work-life-balance and self- and time management. Participants will have the time to work with the impulses in groups of two to integrate their insights into their current situation.

The workshop will be held in English or German. However, slides and other documents are provided in English only.

Documentation

Each participant will receive a documentation in English covering all topics of the training within two weeks after the training.

Target group

This training is dedicated to PhD students in different stages of their PhD.

Duration and group size

This workshop takes four hours. The group size is limited to max. 20 participants.

Trainer

After obtaining her PhD in Astrophysics, Dr. Sabine Preusse, decided to quit academia in 2006 and move on to the project management of European Funded Research projects in the Steinbeis-Europa-Zentrum. Besides writing grant proposals and being a project manager in the field of production technologies, she further trained herself as a business economist (IWW) and a professional business trainer. With this she founded her own company RaumZeit e.K. Coaching Training Beratung in 2011 and is now (also as a professional business coach) supporting researchers of all levels and disciplines in grant proposal writing, the implementation of research projects, and career development.