



GROWING UP WELL IN OUR PLACES BUILDING RESILIENCE, EMPOWERING COMPETENCE, AND IMPROVING PERFORMANCE – IN THE ACADEMY.

AN OFFER FOR THE PHD RETREAT 15-17/11/22

Academic living, and specifically the PhD is experienced as stressful and full of uncertainties. In this participatory workshop we will try to get connected to our deep inner wishes and aspirations, and learn how to cope better with the stress. We will practice various exercises to increase our well-being, assertiveness and confidence. And we will allow processing of the experiences we've gone through in this journey so far.

GOAL: Participants will acquire various practices based on neuroscience as well as positive and social psychology.

STRUCTURE: A sketch for an optional schedule to be repeated twice, plus introductions planned for the 15th November (**estimated at 1,5h**):

3 Hour: Resilience in the academic life and stress management

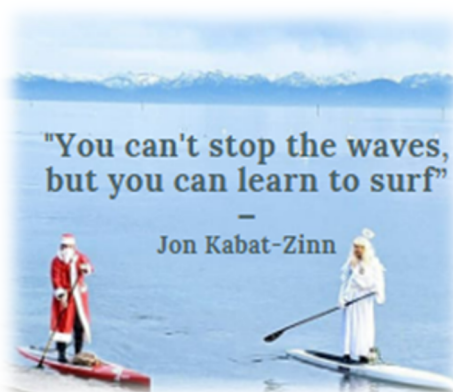
Data about the specific challenges of academic living; stress and mindset, appraisals and chronic stress. Presentation with movies, practicing and sharing.

2 Hour: My aspirations, motivations and habits

Tools from social-psychology and life-coaching are applied to enable us to change and maintain desired habits, in accordance to our motivational personality patterns. Practices of reconnecting with our deeper intuition are taken to sharpen our own aspirations.

PARTICIPANTS WILL GET: Presentations, summaries and a file of all relevant resources list, practical tools and beneficial exercises.

[Ori Harel, PhD](#) is an educational-psychologist and mindful-yoga teacher, specializing in mental resilience and well-being of the academic community. Having worked as a researcher and with researchers, Ori now gives international workshops for academics. Her PhD focused on therapeutic factors and change processes in group counseling, which she now applies to increase mental resilience and happiness despite pandemic challenges.



Overview of the workshop programme

Job applications in & outside academia

Understanding standards – developing a personal approach

Max-Planck-Institut für Verhaltensbiologie, Radolfzell

IMPRS for Quantitative Behaviour, Ecology and Evolution from lab to field [IMPRS-QBEE]

15 November 2022 [19.20 – 20.50/group 1 and group 2 together]

16 November 2022 [9.00 – 12.00/group 1 and 13.00 – 16.00/group 2]

17 November 2022 [9.00 – 10.30/group 1 and 11.00 – 12.30/group 2]

Venue: Rottweil, Baden-Württemberg

Format: In-person workshop

Target group: PhD candidates

Trainer: Dr. Simon Golin, GOLIN WISSENSCHAFTSMANAGEMENT, Berlin

An occupation in research and teaching, a career in industry, in the service sector, or in non-profit organisations – after the doctorate there are numerous professional fields and career paths open on the international labour market.

But what does it take to obtain an attractive position – maybe even in a field or branch I have no experience with? The basis for successful applications is some understanding of professional application standards in & outside academia and the current trends in the application process.

In the workshop the necessary application standards are conveyed and new developments are explained. With the help of structured input and selected examples from practice, the participants are prepared for a successful approach to the application process. The following topics are covered:

- >> My qualification profile:
How do I show my potential?
- >> The labour market in & outside academia:
Desirable and realistic career pathways
- >> Application dossier:
Current standards
- >> English applications:
What is different?
- >> The interview:
From individual interview to assessment centre
- >> Job applications:
My next steps

Dr. Simon Golin, Berlin, heads the consultancy company GOLIN WISSENSCHAFTSMANAGEMENT. For more than 30 years now he has been involved with not-for-profit management – with a focus on science, education and the foundation sector. Amongst other things, he has been managing director of the “Deutscher Studienpreis” at the Körber foundation, secretary general of the German National Ethics Council and secretary general of the Academy of Sciences and Humanities in Hamburg.