

Program Outline "My next career step - Personal stock-taking and career orientation"

Time	Content
Day 1	June 29th 2020
14:00 – 14:30	Welcome Introduction of trainer and participants; Introduction of the online course platform; Clarifying expectations; Overview of the program; Ensuring confidentiality
14:30 – 15:00	Special activities and skills of PhD students – including skills to manage the current circumstances – requirements for a career in academia and beyond (open discussion)
15:00 – 15:20	Skills PhD students have developed outside academia in voluntary work or private activities (individual work)
15:20 – 15:40	Break
15:40 – 16:15	The outside view Which strengths and resources do others see in me? What kind of feedback (formal and informal) do I get? (small group session)
16:15 – 16:45	Values and Motivators <ul style="list-style-type: none"> • What are my most dominant values, and what do they mean to me? What are the consequences for my future job? (individual work)
16:45 – 17:00	Open questions, final summary, preparation for the next day.
Day 2	July 01st 2020
14:00 – 15:20	Job opportunities for scientists in different sectors <ul style="list-style-type: none"> • public sector • industrial sector • service sector (interactive presentation – everybody has to present something)
15:20 – 15:40	Break
15:40 – 16:20	Jobs and personality <ul style="list-style-type: none"> • Do different jobs require different personality profiles? • What job is right for which personality? (small group session)
16:20 – 16:45	Personal styles <ul style="list-style-type: none"> • What are my personal thinking, working and interaction styles? • Which of these do I want to show/avoid in my next job? • Which job would be a good fit for my personality? (individual work)
16:45 – 17:00	Open questions, final summary, preparation for the next day.

Program Outline "My next career step - Personal stock-taking and career orientation" (continued)

Time	Content
Day 3	July 02nd 2020
14:00 – 14:45	Introduction to a company model <ul style="list-style-type: none"> • What role relates to specific tasks? • What are typical things to do or to say?
14:45 – 15:20	Looking at the company world with assigned roles (a virtual role-play)
15:20 – 15:40	Break
15:40 – 16:00	Reflection of the "company world" (open discussion)
16:00 – 16:20	Portfolio of options What professional roles could I fulfill, which ones do I want to fulfill? (individual work)
16:20 – 16:40	My environment <ul style="list-style-type: none"> • Who can support me? (small group session)
16:40 – 16:50	My next steps – action plan <ul style="list-style-type: none"> • What needs to be done? • What and by when will I do it? (individual work)
16:50 – 17:00	Open questions – Feedback – outlook to Individual Coachings