



INDIVIDUAL COACHING FOR PHD STUDENTS AND POSTDOCS

For many people, there are several reasons to aim for a career as a scientist. Thrilling research, self-determined work content, international collaborations, and comparatively high flexibility – in the perception of many academics, these are important criteria for a rewarding career. At the same time, early career scientists are often faced with short term contracts and are expected to be flexible in terms of mobility. This may be perceived as a challenge, especially in terms of the private life.

Coaching is a professional counselling format that offers goal and solution-oriented support during career related change and development processes. The coaching µbone programme aims to help researchers professionalise their career management in science. Strategies introduced include a focus on challenges that especially women might (have to) face in the scientific community. You will reflect on informal obstacles in careers and learn how to deal with them.

µbone offers individual coaching for µbone members – female and male. The individual coaching can be arranged once at each project affiliated site in 2020 if there is a sufficient number of interested candidates. Concerns and topics for individual coaching might stem from the following areas:

- Career orientation
- Creation of a strategic career and network plan
- Self-marketing
- Decision-making process: Working in academia – should I stay or should I go?
- How do I discuss my career plans with my supervisor?
- How do I successfully position myself in my scientific environment?
- How can I convince my PI to support me in my research?
- How do I address sensitive issues with colleagues or supervisors?
- Conflicts in my workgroup – how can I distance myself?

If you are a member of µbone and if you would like to discuss a job-related topic within an individual coaching comprising a half-day or max. a day session à 8h, write an e-mail to: anja.strehle@tu-dresden.de.