

# INDIVIDUAL COACHING

## *Career & self-development*

by Dr. Stephanie Rohac



The μbone coaching programme aims to help researchers professionalize their career management. μbone offers individual coaching for μbone members – female and male. Possible topics are:

- Career orientation
- Creation of a strategic career and network plan
- Offline & online networking
- Self-marketing
- Organizing & leading meetings
- Communicating skills
- Conducting negotiations
- Conflict management
- Leadership
- Decision-making process: Working in academia – should I stay or should I go?

If you are a member of μbone and if you would like to use the possibility of individual coaching with Dr. Rohac comprising a half-day or max. a day session à 6h, write an e-mail to: [sylvia.thiele@ukdd.de](mailto:sylvia.thiele@ukdd.de)