

INDIVIDUAL COACHING

Career & self-development

by Dr. Stephanie Rohac



For many people, there are several reasons to aim for a career as a scientist. Exciting 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 private life.

The μbone coaching programme aims to help researchers professionalize their career management in science. Strategies 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. 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 6h in total (e.g. 3 x 2h), write an e-mail to: sylvia.thiele@ukdd.de