

The Next Step: Career Planning for Postdocs In and Beyond Academia

Trainer



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- Political scientist (habilitation), economist, systemic solution-oriented coach
- Certified trainer and coach

Areas of work:

- Appointment procedures and negotiations
- Job interviews
- Career planning within and outside academia
- Strategy development and vision work
- Leadership and team development
- Self-management
- Reconciling family and career

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 Objective

In this personalized two-hour online coaching session, you have the opportunity to work on your individual career goals and challenges.

 Description

The postdoctoral phase is crucial for the next step in your career:

- You are already on the springboard and want to plan your next specific steps or you are ambivalent: “Do I stay or do I go?”
- Do you want to give yourself time to reflect so that you can make a considered decision?
- Are you unclear about where your strengths lie and how you can use and develop them in a more targeted way professionally?

Possible topics for the individual coaching sessions could be:

- Leave or stay?
- Analyzing the “hard facts”: developing a profile for your future academic career
- Designing networking strategies for the academic and non-academic sector
- Develop ideas for which sectors your own profile is suitable for
- Defining development goals and planning concrete next steps
- Finding strategies to make the leap into the non-academic professional world
- Compare specific job advertisements with your own skills profile (you can bring drafts of your cover letter and CV with you)
- Developing a plan B
- Prepare discussions with superiors regarding career issues
- Work-life balance

 Methodology

This offer is based on a systemic, solution-oriented coaching approach. The topics for the individual coaching sessions are clarified in advance so that the time in the individual consultation can be used optimally.

Organizational Information

Language / Format	English & German / Online
Target group	Postdocs (R2/R3) from all faculties
Date	Tuesday, 19 January 2027 Thursday, 21 January 2027 Monday, 25 January 2027 Wednesday, 27 January 2027
Time	Slot 1: 8:00 – 10:00 Slot 2: 10:30 – 12:30 Appointments are allocated in advance.
Registration	For registration click here

