

# *Workshop: On the path to a scientific career*

**4 and 5 March, 8:00 – 10:00 & 17:00 – 20:00**

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**4 March 2021, 8:00 – 10:00**

*Welcome and getting-to-know each other*

*Discussion on the expectations for the workshop*

*Topic 1: Examples of career paths*

Experienced researchers discuss their career paths including Post-doc, Habilitation, visits abroad, jobs outside academics...

**4 March 2021, 17:00 – 20:00**

*Topic 2: Personal motivation and goals*

Work-Life-Balance

Empowerment

*Time for discussion and outlook*

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**5 March 2021, 8:00 – 10:00**

*Topic 3: Working techniques for efficient work and staying motivated*

Overcoming blockages, training for faster comprehension, development of work plans

**5 March 2021, 17:00 – 20:00**

*Topic 4: Resilience*

Dealing with stress and crises

Conflict management

*Closing discussion, evaluation, feedback*

**Coaches: Conducted by Dr. Carla Schriever and Nicole Schriever**

Dr. Carla Schriever holds a doctorate in philosophy, works at the University of Oldenburg and has recently published the guide “fEMPOWER for prospective female scientists”.

Nicole Schriever holds a Master degree (Diplom) in social pedagogy and is a coach for personality development.