Pitching myself for industry (1): my strategy for success

Description and objectives
Bridging the gap from academia to industry requires adapting our frame of mind, discourse and posture to a new and sometimes unfamiliar audience! We will together—in two stand-alone and complementary one-day workshops—build your road map for change from academia to industry, exploring what’s keeping you back, what drives you and how you can bring together your vision and intention.

In Workshop 1, you will together:
- Define your drivers, values and vision
- Connect with who you are, what you want and why
- Explore your strengths and opportunities for growth
- Consider best practice for an industry CV and CL coaching
- Share best practice for applying and networking

Together we’ll design your personalised strategy and action plan!

Approach
This workshop will, through a hands-on experiential learning approach, help you design your personal road map for change. You will achieve clarity on what is important to you, where you find fulfilment, your achievements to date and what changes you’d like to make. And build a network of peers in a safe and meaningful way.

The workshop addresses the following questions:
- What is a project and what are the main impact factors?
- What should I do to successfully complete my research projects?
- How should I structure, plan and guide my projects?
- How should I communicate with my stakeholders (prof., team members, sponsors, etc.)?

Approach
No prior knowledge of project management is required for this very practical workshop. Theoretical inputs will be applied during the group exercises. All participants should be working on approved/financed research projects.

Trainer
Romaine Johnstone, Certified Executive and Leadership, Momentum For People Development

* There are 2 workshops “Pitching myself for industry”: You can sign up for one of these workshops or both, the content is different, stand alone and very complementary. Registration for both is therefore not compulsory but recommended.

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<th>Number of participants</th>
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<td>Duration</td>
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<tr>
<td>Dates and location</td>
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<td>Registration opening</td>
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<tr>
<td>Duration</td>
<td>2-days workshop (8h45–17h15)</td>
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<tr>
<td>Contact</td>
<td><a href="mailto:regard@unifr.ch">regard@unifr.ch</a></td>
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Project management for successful researchers

Description and objectives
After this workshop, participants will have methods and tools to successfully develop, manage and supervise research projects. They will be able to:
- Set project objectives
- Structure and plan a project
- Define roles and responsibilities in projects
- Create the project budget
- Manage risks
- Establish a communication plan
- Guide and control projects in a flexible and meaningful way.

The workshop addresses the following questions:
- What is a project and what are the main impact factors?
- What should I do to successfully complete my research projects?
- How should I structure, plan and guide my projects?
- How should I communicate with my stakeholders (prof., team members, sponsors, etc.)?

Approach
No prior knowledge of project management is required for this very practical workshop. Theoretical inputs will be applied during the group exercises. All participants should be working on approved/financed research projects.

Trainer
Dr. Carine Galli Marxer, physicist, project manager and trainer, Cubisma Ltd.

Number of participants | 12 |
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Emotional intelligence: why it matters

Description and objectives
How we feel influences our perceptions, decisions and actions. Accurately perceiving how you and others feel, using these feelings to assist with the task at hand, understanding how these feelings arose and how they will change, and then managing to stay open to these feelings makes us efficient in our interaction with others.

Emotional Intelligence Theory describes four emotional key abilities:
- Perceive Emotions accurately
- Use Emotions to help you think
- Understand Emotions’ causes and changes
- Manage Emotions by including the data of emotions in our thinking, decisions and actions

In this workshop you will learn how these skills matter in interacting with each other and how they can potentially impact your teaching. At the end of this workshop, you will be able to give a definition of the emotional key abilities and identify which of these strengths you would like to leverage and which could become development opportunities for you.

Approach
In this experiential workshop you will be introduced to the key concepts and then explore experientially how each of the key abilities could be applied and translated into concrete situations at the work place.

Based on your understanding and learning from the role plays you will be encouraged to define personal strategies on how to leverage and/or develop your own emotional skills.

Trainer
Dr. Silke Mischke, cognitive psychologist and executive coach

Number of participants | 12 |
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Self-empowerment: discover how to build your power to act

Description and objectives
How could you feel more competent, worthy, valuable, and capable of doing things? What would enable you to address adversity with calm and resolve?
- How could you create conditions around you that would foster your ideas and projects?
- How could you develop courage to fight for what is important to you and to say No to what is not?

Although these questions seem very personal, they are actually widely shared and universal. Most people have doubts and struggle at times with their self-image, self-acceptance and confidence. Research shows consistently that developing these aspects is highly correlated to coping with life challenges, and emotional well-being.

This workshop is designed to help you identify ways to foster positive self-image, to transform limiting beliefs into self-compassion, and to increase your “power to act”.

Approach
Through experience sharing, discovery of tools like cultivating self-care and mindfulness, as well as via the analysis of concrete situations, each participant will be able to make another step on her/his path of professional and personal growth.

Trainer
Nir Zalts, expert for leadership and professional development, Momentum For People Development

Number of participants | 8 |
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