

GGG Workshop: Raise your hand! How to follow your career with self-confidence. A workshop for female scientists.

Organizational details

Instructor:	Antje Rach
Date:	November 18 & 19, 2019, 9 am – 5 pm each day
Location:	Rektorenzimmer, Uni-Hauptgebäude, Ludwigstraße 23, 35390 Gießen
Max. number of participants:	12

Objectives

In almost all areas of life, traditional gender roles are dissolving. However, it is mostly men having leading positions – in industry as well as in academia. Only 25% of chief executives are women, often using male leadership styles. Women still have a hard time to break the glass ceiling. Moreover, after starting a family, many of them unintentionally fall back into the classical role patterns. So the question is: How can women have it all? How to attain a successful and sustainable career and a fulfilling life?

In the workshop we will get to the bottom of these questions. We will analyse key success factors of successful women and scrutinize ourselves: Which of these factors do I already possess and what resources, competence or useful patterns of thought and behaviour may be needed or missing? And how can I implement them into my everyday (working) life? What roles do I occupy currently and where do I see myself in the future? What are my values, and what goals and priorities do I set?

Besides career planning the workshop focuses on strategies and exercises helping the participants to be effectively seen and heard: How do I appear and perform; compelling and confident? How do I make my mark and gain supporters? How do I pursue my way regardless of resistance and criticism?

Content & Methods

Content:

1) Self-reflection and target setting

- My values, resources and beliefs
- My roles: clarifying and setting boundaries
- Personality and behaviour styles
- Career planning: my goals and priorities
- My behaviour and appearance: Male or female? Soft or assertive? How to build my authentic self.

2) Being seen and heard: How to expand my range of power.

- Appearing and being confident and effective: using voice and body language to increase my presence
- Dealing with (gender) bias
- Developing conducive thought and behaviour patterns
- Leaving my comfort zone and establishing successful habits
- Networking, trust building & co: strategies to increase my effectiveness

Methods:

- Lectures
- Group discussions
- Group and tandem work
- Self-reflection
- Practical tasks

Target group & Course Language

Target group: female PhD students and Postdocs

Participation requirements: Please bring a smartphone or notebook that allows internet usage. Some parts of the workshop's contents require internet.

Course language: English (Please note: As this is not an English language course, proficiency in English at the C1 level of competency is required).

Child care

If you need childcare during the workshop please let us know. We will organize this via Eltern für Eltern e.V.

Registration

By November 8, 2019 via e-mail at info@ggs.uni-giessen.de.