

# Career Booster

## Online course for personal career development

Career pathways of academics hold very specific challenges. In this course, you will get to know a number systematic tools, tricks and approaches that are particularly suited for tackling these issues and improving your career outlook. In addition, you will get a professional coaching on individual career questions. By the end of the course, you will have acquired tools and strategies for dealing better with future challenges and boosting your career.

### Module 1: Kickoff Workshop

Group work, two half days

Topics covered include:

- How to endure long periods of difficult work
- How to make difficult career decisions
- How to use networking for exploring and accessing different career pathways
- How to balance work and private life
- How to improve your work efficiency and time management

#### **Module 2: Individual Booster Session**

Individual work with the instructor, up to 1,5 hrs, covering:

- A deep dive into your specific questions
- Refining your personal career vision
- Addressing concrete challenges and developing individual plans for action

#### **Your Course Instructor**

Dr. Simone Cardoso de Oliveira is a professional career coach. Trained as a neuroscientist, she has many years of professional experience in diverse professional fields, ranging from research to management, from university to private companies, from development to sales, and from public employee to free-lancer. Career pathways and perspectives of academics have always been a matter of heart to her.



#### **Organizational Issues**

Format: Online, via videoconferencing, plus virtual whiteboard.

**Target group:** Academics of any career level.

**Languages:** English or German **Group size:** min. 4, max. 10

