

Mentoring programme 2014-2015 for young researchers

Kick-off Meeting 14th of October 2014









Agenda

- Detailed information about the programme
- Meet the programme instructor and coach
- Information about the application procedure
- Time to ask questions



Target group

 Female and male doctorate students from the integrated Research Training Group of the CRC Roseobacter and SensoryBio

Organisers

 Mentoring programme is organised by the coordinator of both Research Training Groups: Dr. Ferdinand Esser & Dr. Beate Grünberg



Programme instructor

Nadja Plothe, Bremen, Trainer and coach http://www.nadja-plothe.de/

What is a mentoring?





What is a mentoring?

- An older and experienced mentor shares knowledge with you and supports you in finding your personal career
- The mentor is like a wise person, who you can ask all about the profession and career you like to reach

Concept

- Young researchers actively address their career options
- Methods for career development
- Networking strategies



Mentoring – time and effort

- Mentor-Mentee relationship:
 - finding a mentor
 - monthly meetings with the mentor (~ 2 hours)
 - two group Workshops (1,5 days)
 - two half-day Meetings
- If wanted: further thematical workshops
- 2 optional evening talks (2 hours)
- Individual **coaching** (1 hour) after the programme

... and even 6 Credit points





Kick-off –Workshop: What are my job-related dreams and which mentor could help me reaching this aim? Methods and strategies of finding the personal career

direction and then finding the perfect mentor **4.+ 5. December 2014**, Alter Landtag, OL, N. Plothe

1st Meeting: Mentoring relationship 5. February 2015

Workshop: Career strategies and development for young researchers in science and enterprises; Career Day 2015

Half year Meeting 13. May 2015, 9.00 -12:30h

Talk: University careers

Workshop: Communication, presentation and conflict resolution

Talk: Science management

Final Workshop: Networking strategies and creative ways for career strategies – Closing symposium with Mentors 1.+2. October, 2015

Individual Coaching (1hour)

Mentoring 2014/15







Kick-off –Workshop: What are my job-related dreams and which mentor could help me reaching this aim? Methods and strategies of finding the personal career direction and then finding the perfect mentor 4.+ 5. December 2014, Alter Landtag, OL, N. Plothe

1st Meeting: Mentoring relationship 5. February 2015

Workshop: Leadership skills and management competences for young researchers in science and enterprises (planned)

Half year Meeting 13. May 2015, 9.30 -13:00

Career Day in Neuroscience 19.06.2015

Talk: Science management (planned: 17:00-19:00)

Workshop: Conflict resolution / Communication / self presentation (planned)

Final Workshop: Networking strategies and creative ways for career strategies - Closing symposium with Mentors (1.+2. October, 2015, 9:30-17:00)

Individual Coaching (1hour)



Application

- Motivation letter and CV
- Sent the application to the coordinator
- Deadline: 30th of October 2014





Ferdinand Esser & Beate Grünberg

Coordinator Research Training Group SFB TRR-51 "Roseobacter" SensoryBio

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