



navigare - Career Coaching for Women in Science

Programme schedule for MARUM 2015

Dates	Course Content
12 December 2014 09.00 – 13.00 hrs.	Information Workshop The coach and management of the programme will provide information about the applicable entry conditions and will introduce you to the goals throughout the course of the coaching programme. You will have the opportunity to define your own goals and objectives you aim to achieve by participating. Agreements on how to co-operate as a group during this year will be discussed.
19 December 2014	Binding registration for the programme at the department of equal opportunities at the University of Bremen
30 January 2015 09.00 – 17.00 hrs.	Seminar: Career Development in Science This workshop provides you with the key skills for career management in science. You will learn about the gender-specific 'rules of the game' for a successful career in science as well as analysing your potentials and sharpening your profile.
13 March 2015 09.00 – 17.00 hrs.	1. Coaching day: Communication in Research Contexts On the day we will cover the basic competences of communication in a research work environment. You will learn how to communicate effectively in negotiations with your professor and how to implement constructive feedback. The method of peer consulting provides effective means for communication in difficult personal situations.
8 May 2015 09.00 – 17.00 hrs.	2. Coaching day: Self-Marketing in Science Introduction to self-marketing. You will get to know the gender-specific 'rules of the game' and how to use them. You will also develop individual strategies in order to increase your visibility in your scientific community. Two challenging situations will be presented and resolved with the method of peer consulting.
12 June 2015 09.00 – 17.00 hrs.	3. Coaching day: Conflict Management at Work Introduction to the basic skills of conflict-management. You will learn about the different nature of conflicts, how to recognise and deal with them. Personal conflicts in work environments will be analysed and resolved with the method of peer consulting.

Dates	Course Content
17 July 2015 09.00 – 17.00 hrs.	4. Coaching day: Networking and Tea Time with Women Professors Introduction to (international) networking in science. This workshop will provide you with skills on how to set up your professional network and how to maintain it. In the afternoon women professors allow insights into their professional paths of career. They will answer i.e. questions concerning academic careers, gender-specific challenges, how to assert yourself and how to reconcile work and private life.
11 September 2015 09.00 – 17.00 hrs.	5. Coaching day: Intercultural Skills Introduction to intercultural skills. You will reflect upon your own perspectives on cultural differences and prejudices. You will learn about basic rules of co-operation in international work groups. Using the method of peer consulting we will reflect upon two intercultural conflicts in a work environment in science.
30 October 2015 09.00 – 17.00 hrs.	6. Coaching day: Science vs. Industry – Which Suits Me Better? In order to decide whether or not to stay in science, this workshop will help you to develop ideas for job options in industry and to compare them to fields of work in science. The method of peer consulting will help you to identify your options.
11 December 2015 09.00 – 13.00 hrs.	Final Evaluation Workshop In this workshop, you will review on what you have experienced and learned while participating in this programme. You will have the chance to plan the next steps concerning your career and your support options. Further arrangements about networking including the retention of your peer consulting group will be discussed.

Questions about the *navigare* coaching programme can be directed to the programme manager

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