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TUM Graduate School  
Technische Universität München



April 23, 2024

## Transferable Skills Training Newsletter



Picture of a woman sitting on a bench looking at a laptop  
(Image: pexels.com)

Dear doctoral candidates,

Pursuing a doctorate is definitely a transformative experience: not only because of the research, which evolves and goes through different stages, but also because of you, as researcher and also as an individual. This is why we would like to highlight one of the skills included in the **Future Skills** framework: *self-competence*.

Developing self-competence throughout your doctoral journey will act as a vital compass, allowing you to navigate the challenges of academic life with confidence and resilience. It enables you to tackle obstacles independently, critically evaluate theories and methodologies, and push the boundaries of knowledge within your research field. With self-competence, you can effectively prioritize tasks and fearlessly initiate collaborations with researchers from diverse fields to gain invaluable perspectives.

As part of the [Transferable Skills Training](#) offer, the [TUM Graduate School](#) invites you to participate in our course [Wissenschaftliches Arbeiten mit Plan - Feinschliff für DoktorandInnen](#), where doctoral candidates will learn many essential techniques of the academic work that will prepare themselves for the obstacles within the doctoral context.

From practicing your critical thinking skills to cultivating resilience, from managing your time effectively to embracing collaboration with others, self-competence can help you a lot with the tools and mindset necessary to be successful in your doctorate and beyond.

To keep you up to date with news and exciting events for doctoral candidates, visit our [website](#) and subscribe to our [TUM-GS Newsletter](#) to learn more about what we have to offer!

## “What’s new?”

### Onboarding for new teaching staff at TUM (ProLehre | Media and Didactics)

The beginning of a career as a university lecturer can be challenging. To make the start in teaching easier, [ProLehre | Media and Didactics](#) experts have developed a didactical onboarding training program for new academic staff. In this twelve-hour online course, you will learn the essential didactic and technical basics for teaching at a university. You can complete the [TUM Onboarding Course](#) taking asynchronous self-study elements and participating in synchronous live sessions. The course will be held in English, is 100% online, and has a total workload of about 12 hours. It will not take too much of your time and it will help you to improve your teaching skills.

Program dates: May 20 - June 13, 2024

Online live sessions:

- 1st meeting: May 27, 2024 (09:00 – 12:30 hours)
- 2nd meeting: June 05, 2024 (10:00 – 11:00 hours) -Peer Group Meeting-
- 3rd meeting: June 13, 2024 (10:00 – 12:00 hours)



Picture of a man writing on a board  
(Image: Pexels)

[More information](#)

## “Inside the courses”

[Wissenschaftliches Arbeiten mit Plan - Feinschliff für DoktorandInnen](#) **Soon! Book your spot now!**

Doctorate, publications, presentations... The business of science is varied and demanding. Anyone who wants to complete a doctorate should have a firm grasp of scientific techniques and be prepared for the challenges of the research environment. In this course you will look at the essential requirements for a successful doctorate. You will explore the necessary requirements, including an in-depth understanding of dissertation forms and formal structure, with an emphasis on generally accepted scientific quality criteria. You will gain valuable insights into work planning and self-organisation and unravel the complex process of preparing a dissertation, giving you the guidance and tools you need to embark on this academic journey with confidence and clarity.



Picture of a person typing on a laptop  
(Image: pexels.com)

May 06 – 07, 2024

09:00 – 17:00 hours

Campus Garching | German

Register

## Leistung und Work-Life-Balance durch Stressmanagement

What feeds the energy tank? In this workshop, the following energy fields will be discussed: body, core and head. Participants will recognize when it is time to specifically address potential overloads and will be equipped with individual tools to stay mentally and physically healthy and productive, which can be easily integrated into the everyday life. With this seminar, you will build your ability to stay healthy and productive despite high and diverse stresses.



Picture of a man lying on the grass in a park  
(Image: pexels.com)

May 14 – 15, 2024

09:00 – 17:00 hours (Day 1) / 09:00 – 12:00 hours (Day 2)

Campus Garching | German

Register

## Agiles Projektmanagement - How to Scrum in der Forschung

Scrum is one of the most well-known and frequently used methods of agile project management. Originally coming from software development, Scrum has transcended the boundaries of the IT industry and is increasingly being used in innovation-oriented areas of the public and private sectors. With the clear structure of the Scrum process, projects can be quickly and efficiently restructured and/or realigned to changing requirements of the context. Agile project methods are used for technology-based developments and innovative projects in particular, because not all requirements and parameters are known in the initial phase. Scrum offers the opportunity to achieve promising project results on the basis of structured processes.



Picture of a group of people working at a table  
(Image: pexels.com)

May 22, 2024

09:00 – 17:00 hours

Campus Garching | German

[Register](#)

### Mindfulness for Stress Relief

This 6 session training covers the basics of mindfulness for doctoral candidates to improve one's quality of life and reduce negative stress responses. The sessions will consist of guided meditation practices, body postures, discussions and self-reflection. The trainer will give short talks on certain topics, however the training focuses on experiencing the content through guided meditations. We will discuss insights in the group and use Zoom breakout rooms for partner work.



Picture of a man in nature  
(Image: pexels.com)

May 24, 31 & June 07, 14, 21, 28, 2024

16:00 – 17:15 hours

Online | English

[Register](#)

### Gesellschaftsrecht für angehende Manager:innen

The choice of legal form is one of the central preliminary questions of entrepreneurial activity. The question of the best possible legal form arises not only when founding a company, but also in the further course of any entrepreneurial activity. The seminar is aimed at course participants without legal training and teaches them the basics of German company law. In particular, participants will be given an overview of the various company forms, the rights and obligations of shareholders and management and supervisory bodies, the liability system in the various company forms and the legal basis for converting existing companies into new company forms.



Picture of a woman talking in front of a laptop  
(Image: pexels.com)

June 06, 2024

09:00 – 17:00 hours

Campus Garching | German

Register

## Courses now open for booking



### Personality & Self-Management

Leistung und Work-Life-Balance durch Stressmanagement **Soon! Book your spot now!**

May 14 – 15, 2024 | Campus Garching | German

Mindfulness for stress relief

Starts May 24, 2024. See DocGS for exact dates | Online | English

Controlled by Stress or Stress Under Control?

June 03, 2024 | Campus Garching | English

Training Emotionaler Kompetenzen **Registration starts soon!**

June 18 – 19, 2024 | Campus Garching | German

Efficiency Skills for Scientists - Get more done in the same time **Registration starts soon!**

June 20 – 21, 2024 | Campus Garching | English



### Communication & Methodological Competence

Wissenschaftliches Arbeiten mit Plan - Feinschliff für DoktorandInnen **Soon! Book your spot now!**

May 06 – 07, 2024 | Campus Garching | German

Agiles Projektmanagement: How to Scrum in der Forschung **Soon! Book your spot now!**

May 22, 2024 | Campus Garching | German

[Einführung agiles Projektmanagement mit SCRUM](#)

June 04 – 05, 2024 | Campus Garching | German

[Schreibwerkstatt: Erfolgreich wissenschaftlich schreiben](#)

June 06 – 07, 2024 | Campus Garching | German

[Vortragshetorik](#)

June 10 – 11, 2024 | Campus Garching | German

[Konstruktive Kommunikation – Verständigung, Konfliktlösung, Kooperation](#) **Registration starts soon!**

June 20 – 21, 2024 | Campus Garching | German



## Leadership & Responsibility

[Systemisches Tool Kit für angehende Führungskräfte](#)

June 11 – 12, 2024 | Campus Garching | German



## Science & Research

[Überzeugende Forschungsanträge schreiben](#)

May 13 – 14, 2024 | Online | German

[Career Paths in Academia: \(Funding\) Opportunities for Postdocs](#)

May 21, 2024 | Online | English



## Business & Industry

[Gesellschaftsrecht für angehende Manager:innen](#)

June 06, 2024 | Campus Garching | German

[Bewerbungstraining für Doktorand:innen](#)

June 10 – 11, 2024 | Online | German

## Additional offers

[Unsuck Your Science 2024: Mistakes were made \(Pro-Test Deutschland e.V\)](#)

April 24, 2024 | Online | English

[Urheberrecht in der Lehre \(UB-TUM\)](#)

April 25, 2024 | Online | German

[Kompaktkurs Literaturrecherche für die Dissertation \(UB-TUM\)](#)

April 26, 2024 | Online | German

[Der Weg zur Publikation \(UB-TUM\)](#)

May 08, 2024 | Online | German

[Research Data Management Basics \(UB-TUM\)](#)

May 14, 2024 | Online | English

[Cite It Right \(UB-TUM\)](#)

May 15, 2024 | Online | German

[Kompaktkurs Literaturrecherche für die Dissertation \(UB-TUM\)](#)

Schwerpunkt Engineering and Design

May 16, 2024 | Online | German

[Kompaktkurs Literaturrecherche für die Dissertation \(UB-TUM\)](#)

Schwerpunkt Medizin

May 28, 2024 | Online | German

[English Courses for Staff \(TUM Sprachenzentrum\)](#)

SoSe 24 | Online and on-site | English

[Nature Master Class \(TUM ForTe\)](#)

SoSe 24 | Online | English

[Postdoc Trainings \(TUM ForTe\)](#)

SoSe 24 | Online and on-site | English

[Postdoc101 Talks: Online-Ringvorlesung für Postdoktorand:innen \(TUM ForTe\)](#)

SoSe 24 | Online | English

Please do not hesitate to contact us if you have any questions. Also, if you have any ideas for courses, we are always happy to receive your suggestions.

Best regards

Your team Qualification Program at TUM Graduate School



Karla Urquía, M.A.  
Qualification Program

Tel. +49.89.289.10611  
[urquia\(at\)zv.tum.de](mailto:urquia(at)zv.tum.de)

Technical University of Munich  
TUM Graduate School  
Boltzmannstraße 17  
85748 Garching

Tel: +49 89 289 10600  
Fax: +49 89 289 10606  
[courses@gs.tum.de](mailto:courses@gs.tum.de)  
[www.gs.tum.de](http://www.gs.tum.de)



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