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TUM Graduate School  
Technische Universität München



May 22, 2024

## Transferable Skills Training Newsletter



Picture of a man sitting looking at his laptop  
(Image: pexels.com)

Dear doctoral candidates,

In today's edition, we will focus on one insightful and substantial process for all who decide to participate in this journey called doctorate. Within the **Future Skills** framework, we would like to bring to your attention the competence of *reflection*. This ability is not only about analyzing critically and reflectively about your research project but also about evaluating from a broader perspective in a detailed, and sometimes even a personal way, the course of your research, what the real learning outcomes are, and where these discoveries might lead you in the future.

For a doctoral candidate, recognizing this skill during their research career can be very beneficial, especially if it is implemented as early as possible. Learning from their achievements but also from their mistakes, constantly evaluating the work done, looking for improvement, considering others' points of view or keeping their individual goals and objectives in view, but also

understanding the ethical and social implications that the findings may have. These are just a few examples on how someone can engage in a reflective way with their research.

Therefore, we at [TUM Graduate School](#) want to encourage you to participate in our [Transferable Skills Training](#): within our courses, you will be able to live new experiences, engage in interdisciplinary discussions, gather different perspectives, and activate your critical thinking not only towards others but also towards yourself. We aim to continue helping you to ensure your academic and integral development!

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

## “What’s new?”

### Skills Booster: Elevate Your Potential with the TUM-GS Transferable Skills Training

We would like to share with you the launch of a new series of informative videos, designed for doctoral candidates at TUM Graduate School. In our Skills Booster, we explore various aspects of transferable skills with insights from experts, who teach within the TUM-GS qualification program. This time, communication consultant and TUM-GS trainer, Jeremiah Hendren dives into the importance of Scientific Writing and discusses why writing skills are so essential during and after research.



Skills Booster graphic  
(Image: TUM-GS)

Watch now!

## “Inside the courses”

### Schreibwerkstatt: Erfolgreich wissenschaftlich schreiben *Soon! Book your spot now!*

Whether it's a dissertation, research report, paper or other publication: Writing scientific texts is a challenge; writing original and interesting texts is even more so. Would you like to make faster progress in text production, gain more ease and confidence in scientific writing? Do you want to convince your readers of your studies with a clear message, comprehensible argumentation and understandable statements? If you want to write successfully, you need tools and strategies that promote the flow of writing and guide the writing process - towards a good scientific text. During this workshop, you will work practically and concretely on the various aspects and skills of academic writing.



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

June 06 – 07, 2024

09:00 – 17:00 hours

Campus Garching | German

Register

### **Gesellschaftsrecht für angehende Manager:innen** *Soon! Book your spot now!*

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 standing and other people sitting  
(Image: pexels.com)

June 06, 2024

09:00 – 17:00 hours

Campus Garching | German

Register

### **Bewerbungstraining für Doktorand:innen**

Unlock your potential and advance your career with this two-day training course. Dive deep into the difficulties of job applications as we analyze job descriptions, craft impeccable cover letters and CVs, and understand the nuances of application attachments. Through interactive sessions, you'll improve your interview skills, familiarize yourself with typical interview questions, and engage in role-playing exercises to boost your confidence. The course will equip you with invaluable tips on navigating the application process, networking effectively, and seizing opportunities. By the end of the workshop, you'll emerge with the ability to effectively communicate your skills, tailor application documents to specific roles, and navigate job interviews with ease. Don't miss this opportunity to elevate your career prospects and unleash your full potential.



Picture of a group of hands pointing to a piece of paper  
(Image: pexels.com)

June 10 – 11, 2024

09:00 – 17:00 hours

Online | German

Register

## Konstruktive Kommunikation – Verständigung, Konfliktlösung, Kooperation

Are you wondering how you can address challenging issues and conflicts in your working environment? How you can constructively address anger and frustration and create solutions? In this seminar, you will become aware of automated thought and language patterns and focus on your own and others' underlying interests and needs. Non-violent communication, according to M.B. Rosenberg, provides the tools to communicate clearly, be heard, resolve conflicts more easily and increase our counterparts' willingness to cooperate. Instead of insisting on your rights, you will learn to say constructively what the issue is, what you need and to combine this with a specific request. You will have the opportunity to reflect on and work on your own practical examples in the group.



Picture of two women talking to each other  
(Image: pexels.com)

June 20 – 21, 2024

09:00 – 17:00 hours

Campus Garching | German

Register

## Stress Release for the Scientific Minded

In this workshop, you will learn quick and effective strategies to help deal with stress and anxiety, increase concentration and even help you to deepen your voice and increase confidence! Those techniques can be used 'on the fly', like before giving a presentation or even before your defense talk. The workshop will also incorporate theoretical reviews discussing evidence of the effects of breathing exercises and mediation on cognition and the brain. In the practical part, you will learn distinct kinds of relaxation methods based on mastering (1) breath, (2) posture, and (3) meditation. By the end of the course, you would own a toolbox of diverse techniques, find out which ones work best for you, and gain confidence in you own ability to cope with stressful situations hence reducing internal stress.



Picture of a man with the sky behind him  
(Image: pexels.com)

July 03, 10 and 17, 2024

18:15 – 20:30 hours

Online | English

Register

## Courses now open for booking



### Personality & Self-Management

Training Emotionaler Kompetenzen

June 18 – 19, 2024 | Campus Garching | German

Stress release for the scientific minded

July 03, 10 and 17, 2024 | Online | English

Zeitmanagement: Fokussiert arbeiten, effektiv promovieren

July 08 and 19, 2024 | Online | German

Managing Emotions – produktiver und stressfreier durch die Promotion Kompetenzen

July 10, 2024 | Online | German



### Communication & Methodological Competence

Einführung agiles Projektmanagement mit SCRUM *Soon! Book your spot now!*

June 04 – 05, 2024 | Campus Garching | German

Schreibwerkstatt: Erfolgreich wissenschaftlich schreiben *Soon! Book your spot now!*

June 06 – 07, 2024 | Campus Garching | German

Konstruktive Kommunikation – Verständigung, Konfliktlösung, Kooperation

June 20 – 21, 2024 | Campus Garching | German

Scientific Paper Writing (Advanced)

June 27 – 28, 2024 | Campus Garching | English

Presenting your research in conference talks and poster sessions

July 05 and 12, 2024 | Campus Garching | English

Storytelling und Wissenschaft: Forschung spannend vermitteln

July 09 and 23, 2024 | Online | German

Wissenschaftliches Schreiben - mit kreativen Methoden leicht gemacht

July 11 – 12, 2024 | Online | German



### Science & Research

Karriere in der Wissenschaft

July 10, 2024 | Online | German



## Business & Industry

[Gesellschaftsrecht für angehende Manager:innen](#) *Soon! Book your spot now!*

June 06, 2024 | Campus Garching | German

[Bewerbungstraining für Doktorand:innen](#) *Soon! Book your spot now!*

June 10 – 11, 2024 | Online | German

[Wege aus der Wissenschaft](#)

June 27, 2024 | Online | German

[How to get into the non-academic German job market](#)

July 15 – 16, 2024 | Online | English

## Additional offers

[Kompaktkurs Literaturrecherche für die Dissertation \(UB-TUM\)](#) *Soon! Book your spot now!*

Focus on Medicine

May 28, 2024 | Online | German

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

Focus on Medicine

June 12, 2024 | Online | German

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

June 13, 2024 | Munich: Conference Room S2534 (TUM Barer Street 21) | German

[Compact Course Literature Research for Your Dissertation \(UB-TUM\)](#)

Focus on Architecture

June 14, 2024 | Online | English

[Visibility and Research Impact \(UB-TUM\)](#)

June 20, 2024 | Online | English

[Zitieren statt Plagiiere \(UB-TUM\)](#)

June 20, 2024 | Munich: Large Conference Room 2180 (Branch Library Main Campus) | German

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

Focus on CIT

June 21, 2024 | Online | German

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

Focus on Social Sciences

June 28, 2024 | Munich: Conference Room S2534 (TUM Barer Street 21) | 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



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