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TUM Graduate School Technische Universität München



May 23, 2023

# Transferable Skills Training Newsletter



Man on top of the mountain (Image: pexels.com)

# Dear doctoral candidates,

Even when it's exciting to think about all the different paths and possibilities you can take in the world of science, this might be as well an overwhelming thing. We at TUM Graduate School, would like to help you visualize clearer the broad career opportunities outside science and research - whether in industry or the public sector. Within our Transferable Skills Training, courses such as Wege aus der Wissenschaft, can help you to clarify your professional competence profile concerning the non-university job market, so you can start generating ideas about which job options can be derived directly from your set of transferable competencies. We'll dig deep into your skills, strengths, and knowledge acquired through your doctoral journey. Whether you are about to finish your doctorate or simply curious about the possibilities of the future, you will obtain relevant and up-to-date information on job hunting, networking, and applying for jobs outside academia. The goal is to uncover a whole range of career paths that are perfectly suited to your unique talents and aspirations.

For more courses like this, feel free to check our page and register via DocGS. Keep an eye out for more exciting updates with our Transferable Skills Training Newsletter. For more information about the TUM Graduate School, have a look at our website and stay updated with this newsletter.

# What's new?

## Kick-Off Seminar: Registration opens on June 7th, 2023

**Don't miss the chance!** From June 7<sup>th</sup>, midnight, you can register for more TUM-GS Kick-Off Seminars from September to December 2023. During the 3-day-Kick-Off Seminar, which takes place in the *Science and Study Center Raitenhaslach*, you will not only get interesting information about the academic work and the diverse offerings at TUM, but also it's an excellent opportunity to meet other fellow doctoral candidates from different disciplines, gain new perspectives and expand your personal network. Don't wait until the last minute and choose the respective semester to sign up for this great event!



Science and Study Center Raitenhaslach (Image: TUM Graduate School)

Register

## Survey on the Transferable Skills Training experience: Writing & Yoga Retreat

We at TUM Graduate School want to continuously improve our course offering. From time to time, we have some specific questions about how to improve our courses. This time, we would like to further tailor our "Writing and Yoga Retreat" to make it an even better experience. Would you like to give your input? It will not take more than 5 minutes. Thank you in advance!



Two participants of the TUM-GS Writing & Yoga Retreat (Image: Luisa Demant)

Participate

# Inside the courses

**Personal Energy Protection (PEP® Health)** 

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. PEP Health has been successfully implemented in companies such as Allianz SE, Swiss Life, MHP- A Porsche Company, DKFZ, Roche Diagnostics and Freudenberg.



Picture of a person standing on a rock (Image: pexels.com)

June 06 - 07 & September 13, 2023

09:00 – 17:00 hours (first day) / 09:00 – 12:30 (second day) / 09:00 – 12:00 (third day) Campus Garching | German

Register

### Successful Management in a Global World

This workshop covers culture specific knowledge (East-West: USA:Europe - Asia) in relation to international management. The awareness of communication, management and leadership methods in different cultures will be raised. Culture related techniques and behaviors are explained and trained in role-plays and exercises. Different management practices in business situations will be addressed. Some of the course aims are to learn about culture dimensions for different countries, acquire management and communication skills, understand the impact of culture on management functions in different cultures, be aware of business etiquette in foreign countries, increase awareness with people from different cultures and much more...

> June 12 – 13, 2023 09:00 – 17:00 hours Campus Garching | English

Register

Wissenschaft verständlich kommunizieren



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

Explaining complicated relationships clearly and breaking them down to the level of the audience is a major challenge for scientists. The language must be appropriate for the target group. Images and analogies should be chosen to illustrate the connections. Nevertheless, the explanations must meet scientific standards. A solid preparation and a good feeling for the addressees are essential. This workshop provides general background on text and language comprehensibility and on the development of explanatory approaches. Using their own research work as an example, participants practice presenting complicated content in a comprehensible way and finding and inventing suitable comparisons and images.



Picture of a man listering through a paper cup (Image: pexels.com)

June 13 – 15, 2023 09:00 - 16:30 hours Online | German

Register

### **Performing Under Pressure**

Academia is a high-pressure and competitive environment. Academics are expected to excel at everything: their research, publications, teaching, and the impact they are making in their field. While men and women respond differently to pressure and stress, both can suffer from imposter syndrome. So, how can we feel comfortable, confident, and in control in our own skin? A large part of becoming pressure proof is learning how to deal with rejection and rigorous academic standards while performing at the highest possible level. In this workshop, participants explore the different ways of dealing with pressure and stress; learn practical skills for coping, focus and productivity and others.

> June 15 – 16, 2023 09:00 - 17:00 hours Campus Garching | English

Picture of a handwritten text (Image: pexels.com)

Register

**Moderationstraining** 



On one hand, this seminar focuses on reflecting on the role of a facilitator: What are you allowed / should / must do in this function? On the other hand, the focus is on the interaction within the group: How do you proceed if the prepared concept does not work or the participants are hostile to each other? What can I do as a participant to stop an unconstructive exchange? Methods for leading discussions are just as helpful here as techniques for absorbing and channeling group dynamics.



Picture of a men standing (Image: pexels.com)

June 19 – 20, 2023 09:00 – 17:00 hours Campus Garching | German

Register

### **Entrepreneurial Leadership and Self-Empowerment**

Empower talents and develop a leadership style - all based on the idea of moving forward as a team. Learn about essential skills of being a successful entrepreneurial leader and discover a personal leadership approach. A workshop based on exercises that encourage interaction but also individual reflection. This course aims to capture your talents and unique value proposition, reflect on your motivation and passion as well as your vision as a leader, foster self-awareness, awareness of your network and of your own values and others.



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

June 21, 2023 14:00 – 17:00 hours Online | English

Register

# **Courses now open for booking**



## Personality & Self-Management

Emotional Intelligence July 06 – 07, 2023 | Online | English

Project Management and Time Management - Get things done in an efficient and resilient way

July 13 – 14, 2023 Campus Garching English



## Communication & Methodological Skills

Schreibwerkstatt: Erfolgreich wissenschaftlich schreiben June 19 – 20, 2023 Campus Garching German

Communicating in Teams and Difficult Situations June 19 – 20, 2023 Online English

Promovieren mit Plan – Wissenschaftliches Arbeiten für Doktorand\*innen June 23, 29 – 30, 2023 | Online / Campus Garching | German

Wissenschaftliches Schreiben - mit kreativen Methoden leicht gemacht July 03 – 04, 2023 | Online | German

Endspurt: Disputationstraining July 06 – 07 & 24, 2023 Campus Garching German

Scientific Paper Writing (Advanced) July 10 – 11, 2023 Campus Garching English

Vortragsrhetorik July 10 – 11, 2023 Campus Garching German

Agiles Projektmanagement - How to Scrum in der Forschung July 17, 2023 Campus Garching German



# Leadership & Responsibility

Nachhaltigkeit hörbar machen - Kreative Wege in der Wissenschaftskommunikation July 05 – 06, 2023 Campus Garching German



## Science & Research

Career Paths in Academia - (Funding) Opportunities for Postdocs July 04, 2023 | Online | German



## Entrepreneurship & Startups

How to Activate Your Entrepreneurial Mindset (Group I) July 03, 2023 Campus Garching English

Communication Toolbox for Doctoral Candidates (Group II) July 06 – 07, 2023 | Online | English

All Women - Drive your life! July 11, 2023 | Online | English



## **Business & Industry**

Bewerbungstraining für Doktorand:innen June 19 – 20, 2023 | Online | German

Basics in Business Administration (Group I) June 22 – 23, 2023 | Campus Garching | English

Kompetenzen für eine Welt im Wandel June 26, 2023 Online German

Personal Branding June 27 – 28, 2023 Campus Garching English

Career Planning June 29 – 30, 2023 Campus Garching English

Wege aus der Wissenschaft July 03, 2023 | Online | German

Betriebswirtschaftliche Grundlagen July 07 – 08, 2023 Campus Garching German

# Additional offers

Kompaktkurs Literaturrecherche für die Dissertation (UB-TUM)

Schwerpunkt Mathematik & Informatik June 06, 2023 | Garching: Boltzmannstr. 3, Branch Library Mathematics & Informatics, Room 00.03.045 | German

Der Weg zur Publikation (UB-TUM)

June 07, 2023 Online German

Kompaktkurs Literaturrecherche für die Dissertation (UB-TUM) Schwerpunkt ED / Civil & Environmental & Mobility Systems Engineering June 13, 2023 | Online | German

Kompaktkurs Literaturrecherche für die Dissertation (UB-TUM)

Schwerpunkt Medizin June 13, 2023 Online German

Kompaktkurs Literaturrecherche für die Dissertation (UB-TUM)

Schwerpunkt Life Science

June 14, 2023 Freising: Raum EG L09 (Teilbibliothek Weihenstephan) German

Kompaktkurs Literaturrecherche für die Dissertation (UB-TUM)

Schwerpunkt Sport und Gesundheitswissenschaften

June 15, 2023 | München: Raum 01.2334.318 (Teilbibliothek Sport- & Gesundheitswissenschaften) | German

### Zitieren statt Plagiieren (UB-TUM)

June 15, 2023 München: Besprechungsraum S2534 (TUM Barer Straße 21) German

Sichtbarkeit und Impact von Forschung (UB-TUM) June 16, 2023, München: Besprechungsraum S2534 (TUM Barer Straße 21) German

Kompaktkurs Literaturrecherche für die Dissertation (UB-TUM)

Schwerpunkt TUM School of Management June 23, 2023 | Online | German

Kompaktkurs Literaturrecherche für die Dissertation (UB-TUM)

Schwerpunkt Engineering & Design June 27, 2023 | Online | German

Urheberrecht in der Lehre (UB-TUM) June 29, 2023 | München: Besprechungsraum S2534 (TUM Barer Straße 21) | German

#### **Entrepreneurial Science Talents**

30 June, 2023 (Kick Off), 03 – 07 July, 2023 (Main event) & 07 July, 2023 (Demoday) Online | English

Forschungsdatenmanagement (UB-TUM)

June 30, 2023 Online German

English Courses for Staff (TUM Sprachenzentrum) SoSe 2023 | Online and on-site | English

Nature Master Class (TUM ForTe) SoSe 23 Online | English

Postdoc Workshops (TUM ForTe) SoSe 23 | Online and on-site | English

Postdoc101 Talks: Online-Ringvorlesung für Postdoktorand:innen (TUM ForTe) SoSe 23 | 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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