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TUM Graduate School
Technische Universität München



July 25, 2023

Transferable Skills Training Newsletter



Woman in forefront with a group of people in the back
(Image: pexels.com)

Dear doctoral candidates,

We hope you seize and enjoy the summertime! © With the new semester slowly approaching, it's a good time to reflect on your skills and abilities and how they impact your plans and career. On this journey, there will always be new and challenging situations for which we want to prepare you in the best possible way. One of these challenges can be to find your own leadership way. Research shows us that leadership is not only top-down, but goes in all directions - up, down and sideways. Leadership means embracing lateral thinking and an agile mindset, fostering collaboration, being adaptable to new situations, and having a shared sense of purpose.

We, at [TUM Graduate School](#), are very excited to empower future leaders, people who can motivate their peers, students, supervisors and colleagues. Courses such as [Lateral Leadership](#), which aims to work on your skills not only on the socio-communicative and management side, but also on the personal level; or [Agile Führung, Agiles Mindset - Ein Praxisworkshop](#), which sets an space for the exchange with other doctoral candidates who want to apply agile methods in research, teaching

and management are some of the offers within our course program. So don't miss the opportunity to attend our courses to enhance your skills and maximise the benefits for your interpersonal development.

For more courses in the area of [Leadership & Responsibility](#) or other categories, check out our [Transferable Skills Training](#) and register via [DocGS](#). Would you like to receive information about news or exciting events for doctoral candidates? Don't forget to subscribe to our [TUM-GS Newsletter](#) to find out more about what the [TUM Graduate School](#) has to offer for doctoral candidates!

Inside the courses

Mindfulness and Embodiment for Doctoral Candidates

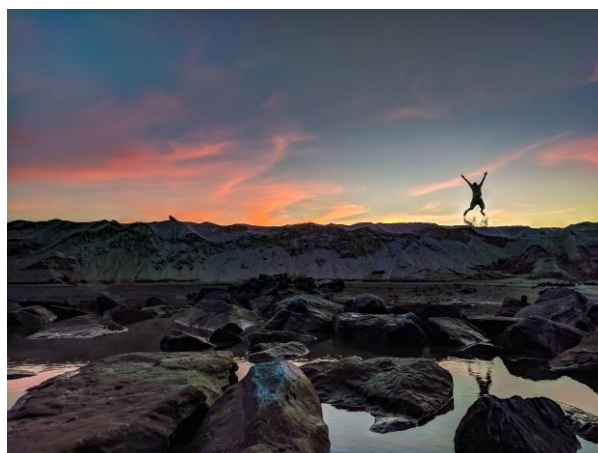
This course covers the basics of mindfulness for doctoral candidates to improve their quality of life and reduce negative stress responses. The six sessions consist of guided meditation practices, postures, discussions and self-reflection. There will be short talks on specific topics, but the training focuses on experiencing the content through guided meditation and movement. Some of the aims of the course are to learn the basics of mindfulness, how it can impact your work and life, using the body as a focus for mindfulness, using the breath as a focus for mindfulness, working with thoughts, but most of all, applying the learnings into everyday life.

September 01, 05, 08, 12, 15 & 19, 2023

12:00 – 13:15 hours

Online | English

Register



Picture of person jumping outdoors (Image: pexels.com)

Basics Arbeitsrecht – was Sie wissen müssen!

Whether it's your first job or a promotion, a basic knowledge of labor law is indispensable, not only in your own case, but above all, in a position with personnel responsibility in everyday working life. Ms. Beatrix Lippert, lawyer and specialist in labour law at the law firm "Weiss - Walter - Fischer-Zernin", will illustrate this with cases from her daily practice. During the seminar, there will be an opportunity to ask questions and bring up your own topics. The seminar aims to provide an overview of the basics of this area of law.

September 04, 2023

13:00 – 17:00 hours



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

Campus Garching | German

Register

Innovative Produktentwicklung

In this course, doctoral candidates work on new topics and innovations. For those who have already tried, you might know how difficult it is to turn a topic into a real innovation and product. With the Innovative Product Development process, participants benefit from a set of methods that enables them to further develop their own ideas. For this purpose, current methods such as "Persona Technik", "Business Model Canvas" or "Destroy your company" are used and brought into a systematic process. This workshop is aimed at all doctoral candidates who want to develop their topic as an innovation and as a product.



Picture of a three people in front of a glass (Image: pexels.com)

September 12 –13, 2023

09:00 – 16:00 hours

Online | German

Register

Find your Flow: zielgerichtet und motiviert promovieren

The workshop aims to give doctoral candidates the space to develop this *art of organization* for themselves. It teaches basic techniques of time, self and project management in order to bring (back) structure, order and predictability into the doctoral project. This concerns, for example, setting clear, realistic goals and developing a personal *mission statement*. We will also prioritize promotion-related tasks, identify *time guzzlers* and define sub-steps in project planning. The main goal of the workshop is to enable the participants to develop their own individual *flow*.



Picture of a woman writing on a laptop (Image: pexels.com)

September 12, 2023

09:00 – 17:30 hours

Campus Garching | German

Register

Networking

In an increasingly complex world you often miss out on important information if you are not in close contact with others. You don't hear about job offers, don't know anyone for a research cooperation or don't get helpful tips from experts. The better you are connected, the more you can pursue your own goals and help others with theirs. Therefore, this workshop will support you in finding and deepening your individual way of networking, based on your goals, personality, and competences. The workshop will cover general basics of networking as well as the question which contacts make sense for you and how and where they can be established and maintained.



Zenithal view of a group of people (Image: pexels.com)

September 14, 2023

09:00 – 16:00 hours

Campus Garching | English

Register

Courses now open for booking



Personality & Self-Management

[Zeitmanagement: fokussiert arbeiten, effektiv promovieren](#)

September 04 & 15, 2023 | Online | Deutsch

[Mental Health \(Group II\)](#)

September 06, 2023 | Campus Garching | English



Communication & Methodological Skills

[Schwierige Gespräche führen – Konfliktkommunikation](#)

September 20 – 21, 2023 | Online | German

[Dissertation Writers' Workshop](#) **Registration starts soon!**

September 21 – 22, 2023 | Campus Garching | English

[Gute wissenschaftliche Praxis und ihre Problemfelder im Forschungsalltag](#)
Registration starts soon!

September 25 – 26, 2023 | Online | English



Leadership & Responsibility

[Lateral Leadership](#)

September 11 – 12, 2023 | Campus Garching | English

[Agile Führung, Agiles Mindset - Ein Praxisworkshop](#)



September 21 – 22, 2023 | Online | German

Entrepreneurship & Startups

How to Activate Your Entrepreneurial Mindset (Group II) **Registration starts soon!**

September 28, 2023 | Online | English



Business & Industry

Collaborative Negotiation

September 06 – 07, 2023 | Online | English

Mein Kompetenzprofil – Stärken identifizieren und gezielt einsetzen! (Mit Einzelcoaching)

September 07 & 14 & October 05, 2023 | Online | German

Individual Coaching Session: CW 38/39, 2023

Basics in Business Administration (Group II) **Registration starts soon!**

September 25 – 26, 2023 | Online | English

Orientierung finden, Prioritäten setzen! Anstöße für eine bewusste Lebens- und Karriereplanung
Registration starts soon!

September 26 – 27, 2023 | Online | German

Fallstudien souverän lösen - eine praktische Handlungsanleitung **Registration starts soon!**

September 27, 2023 | Online | German

Additional offers

Courses for TUM doctoral candidates (UB-TUM)

SoSe 23 | Online | English & German

English Courses for Staff (TUM Sprachenzentrum)

SoSe 23 | 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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