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TUM Graduate School  
Technische Universität München



August 22, 2023

## Transferable Skills Training Newsletter



Person walking on path under the sun  
(Image: pexels.com)

**Dear doctoral candidates,**

Deciding whether to pursue a career in academia or industry is like standing at a crossroads. It's as if you've reached an intersection with two very different paths, each leading to its own adventure. The academic path is like an exciting road trip: you get to discover new areas of knowledge that haven't been explored much before. But much like the unpredictable nature of travel, academia also comes with challenges. On the other hand, the industry road is like a guided tour. You're part of a unit, working with a diverse group of industry professionals with different skillsets. And in this case, you'll need to keep up the pace, adapt to the standards, and find your rhythm.

Ultimately, the choice depends on the type of travel experience you are looking for. Are you the adventurous soul who seeks exploration and discovery? Or do you find excitement in shared experiences, teamwork, and the prospect of seeing your ideas come to life?

Over the last year, the thematic focus of our [Transferable Skills Training](#) was just about this question: “What’s next?”. We at the [TUM Graduate School](#) hope some of our courses helped you with taking the next steps on your career journey – wherever it will take you.

We are excited to share our new focus topic with you in our next newsletter. In the meantime, you can have a sneak peek on our website and already register for some courses starting in October.

If you would like to receive information about news or exciting events for doctoral candidates, don’t forget to subscribe to our [TUM-GS Newsletter](#) and find out more about our offer!

## “What’s new?”

### [Transferable Skills Training: New course program is now available](#)

Besides discovering more about your research area during this journey called doctorate, acquiring and evaluating your skillset that will benefit you during your professional path and life is also very important. Therefore, TUM Graduate School has put together a range of courses in six different areas to help shape your competency profile. With a new semester right around the corner, we invite you to look at our new [Winter Semester 2023-24 course program](#). Registrations are already open for a couple of our courses. Take advantage of this great opportunity and sign up! 😊



Picture of a desk  
(Image: pexels.com)

Register

### [Kick-Off Seminar: Registration opens on September 27, 2023](#)

Don’t miss your chance! From September 27, at noon, you can register for more [TUM-GS Kick-Off Seminars](#) from March to July 2024. 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 it’s also 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 sign up for this great event!



Kick-Off Seminar 2023  
(Image: pexels.com)

## “Inside the courses”

### **Mindfulness and Embodiment for Doctoral Candidates** *Soon! Book your spot now!*

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 a person sitting outdoors  
(Image: pexels.com)

### **Innovative Produktentwicklung** *Soon! Book your spot now!*

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 research topic as an innovation and as a product.

September 12 – 13, 2023

09:00 – 16:00 hours

Online | German

[Register](#)



Picture of hands holding a lightbulb  
(Image: pexels.com)

### **Find your Flow: zielgerichtet und motiviert promovieren** *Soon! Book your spot now!*

A doctorate is a period of life full of intense challenges and therefore requires excellent organization. This workshop will help you to develop the "art of organization" with basic techniques of time, self, and project management in order to bring structure, order, and predictability back into the doctoral project. This includes, for example, setting clear, realistic goals and developing a personal mission statement. It 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 participants to develop their own individual flow.

September 12, 2023

09:30 – 17:30 hours

Campus Garching | German

Register

### Dissertation Writers' Workshop

Many researchers worry about grammar and word choice in English but ignore writing style. The word "style" does not refer to making your text fancy but rather to practical, big-picture questions such as these: *Can my reader easily understand each sentence the first time through? Am I respecting my reader's time by being precise and concise? Does my writing bring my science to life or put my reader to sleep?* This workshop also explores the writing process—namely, techniques to boost your productivity and make your everyday work at the computer more enjoyable. The topics build on one another and should prove engaging for doctoral candidates from any language background, even native English speakers.

September 21 – 22, 2023

09:00 – 17:00 hours

Campus Garching | English

Register

### Agile Führung, Agiles Mindset - Ein Praxisworkshop

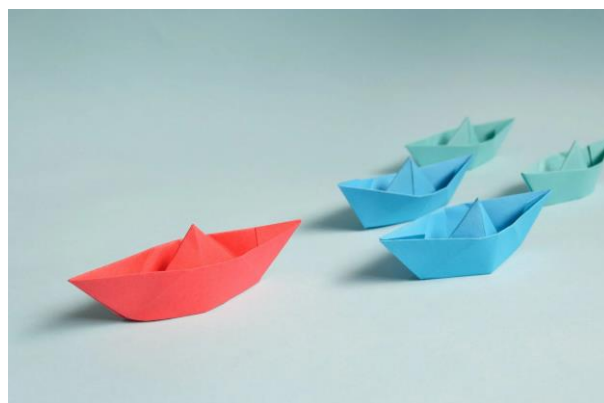


Picture of a man sitting and typing on his laptop (Image: pexels.com)



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

Leadership is not only an important topic in industry and business. Also, in the public sector, especially in research and educational institutions, good leadership is often the most important element for successful and satisfied employees and students. In recent years, agile leadership has received sporadic and incidental attention at universities and research institutions in general. The goal of this workshop is to know more about Agile Leadership in a "practical" way, a continuous offer for doctoral candidates with teaching/research/organizational responsibilities. Also, a platform for exchange and impulses is created with practical examples of the lecturer and the active exchange of doctoral candidates who are allowed to bring their experiences on the topic into the workshop.



Picture of paper ships  
(Image: pexels.com)

September 21 – 22, 2023

09:00 – 17:00 hours

Online | German

[Register](#)

### **Orientierung finden, Prioritäten setzen! Anstöße für eine bewusste Lebens- und Karriereplanung**

Do you sometimes find it difficult to consistently approach upcoming tasks or decisions for the next professional and private steps? This course offers the chance to get to know the most important orientation factors for complex life and career planning: your own strengths & values as well as lasting ideas about your own life. It uses concrete exercises on talent analysis, prioritization, values reflection and work-life balance. This workshop summarizes the findings of all exercises in a first draft of a so-called "life statement", with which future decisions about life and career can be made more easily.



Picture of a woman sitting writing notes  
(Image: pexels.com)

September 26 – 27, 2023

09:00 – 17:00 hours

Online | German

[Register](#)

## **Courses now open for booking**



### **Personality & Self-Management**

Zeitmanagement: fokussiert arbeiten, effektiv promovieren **Soon! Book your spot now!**

September 04 & 15, 2023 | Online | German

Managing Emotions – produktiver und stressfreier durch die Promotion **Registration starts soon!**

October 20, 2023 | Online | German



## Communication & Methodological Skills

### Networking

September 14, 2023 | Campus Garching | English

### Schwierige Gespräche führen – Konfliktkommunikation

September 20 – 21, 2023 | Online | German

### Gute wissenschaftliche Praxis und ihre Problemfelder im Forschungsalltag

September 25 – 26, 2023 | Online | English

### Wissenschaftliches Arbeiten mit Plan - Feinschliff für Doktorand:innen

October 06, 12 – 13, 2023 | Online / Campus Garching | German

### Lesestrategien für Wissensarbeiter:innen

October 12 – 13 & November 10, 2023 (Follow Up) | Online / Campus Garching | German

### Scientific Writing and Yoga Retreat **Registration starts soon!**

October 18 – 21, 2023 | Campus Garching | English



## Leadership & Responsibility

### Lateral Leadership

September 11 – 12, 2023 | Campus Garching | English

### (Selbst)Führung - Führungsseminar in den Alpen - Group I

October 05 – 06, 2023 | Brannenburg | German

### (Selbst)Führung - Führungsseminar in den Alpen - Group II

October 12 – 13, 2023 | Brannenburg | German



## Entrepreneurship & Startups

### How to Activate Your Entrepreneurial Mindset - Group II

September 28, 2023 | Online | English



## Business & Industry

### Basics Arbeitsrecht – was Sie wissen müssen!

September 04, 2023 | Campus Garching | German

### 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 \(Group II\)](#)

September 25 – 26, 2023 | Online | English

[Fallstudien souverän lösen - eine praktische Handlungsanleitung](#)

September 27, 2023 | Online | German

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

October 09 – 10, 2023 | Campus Garching | English

## 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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