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TUM Graduate School
Technische Universität München



March 19, 2024

Transferable Skills Training Newsletter



Picture of a man in front of a computer screen
(Image: pexels.com)

Dear doctoral candidates,

In today's changing world, where the challenges facing society are becoming more complex and diverse, it is sometimes as important to stop and take a critical look at the knowledge and tools we have at our disposal, as it is to make new discoveries that can advance the field of research. Skills such as analytical and critical thinking, integral part of our **Future Skills** topic, can empower doctoral candidates to break down difficult problems into manageable situations. Through the analysis and evaluation of obstacles, you can develop both efficient and creative solutions that foster innovation based on approaches that you may not have been considered before.

At [TUM Graduate School](#), our [Transferable Skills Training](#) offers you a wide range of courses designed to enhance these essential skills. Among these, we have [Wissenschaftliches Arbeiten mit Plan - Feinschliff für DoktorandInnen](#), where doctoral candidates can delve into the essential requirements for a successful doctorate, learn different types of scientific techniques

and prepare them for the challenges of the research environment. Through work planning and self-organisation, you will find the necessary guidance and tools you need to embark on this academic journey with confidence and clarity.

Doctoral research certainly requires a balance between innovative thinking and critical evaluation of existing knowledge. Empowered with these skills, you can be confident to achieve your research goals, making thus a meaningful contribution to your field and our world.

For updates on news or exciting events for doctoral candidates, visit our [website](#) and subscribe to our [TUM-GS Newsletter](#) to learn more about our offerings!

“What’s new?”

Kick-Off Seminar: New Registration Windows

To make it easier for you to plan ahead and to slot the Kick-Off Seminar dates into your calendars, we have decided to change the registration windows for the Kick-Off Seminars. This way, you will be able to register for a Kick-Off seminar more often during the year and with less time in between registration and seminar.

In 2024, you have the chance to register for our **September and October** dates **from 25 March** onwards. Then, you can register for **November and December** starting **from 5 August**. In 2025, you will be able to book Kick-Off Seminars every quarter, starting in **January** and continuing in **March, June and September**. For the exact dates, please check the overview in [DocGS](#).



Kick-Off Seminar at the
TUM Akademiezentrum Raitenhaslach
(Image: TUM-GS)

Upcoming dates

“Inside the courses”

Produktive Gelassenheit *Soon! Book your spot now!*

In this course, doctoral candidates explore the basics of the productivity-calmness dilemma. You will learn to perceive, evaluate and manage stress while understanding the balance between rational and emotional decisions in their brain. At the same time, you will learn how to view the doctoral journey as an experiment to stay motivated, as well as methods for sustainable growth, including understanding the compound effect that can exponentially increase your growth. The learning objectives of the course focus on developing individualized solutions for productivity and serenity that fit the doctoral candidate's personality and situation.



Picture of a man smiling
(Image: pexels.com)

April 08 – 09, 2024

09:00 – 17:00 hours

Online | German

Register

Find your Flow - zielgerichtet und motiviert promovieren (Gruppe I)

The workshop 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. This means that there is always the opportunity to select and adapt the knowledge imparted specifically to their personal situation.



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

April 12 & May 03, 2024

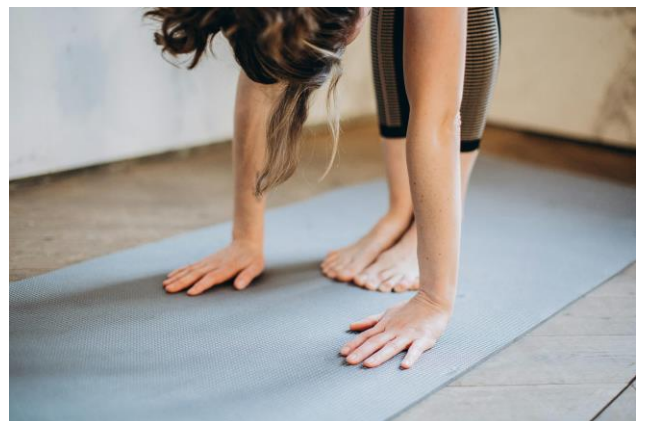
09:30 – 17:30 hours (Day 1) / 09:00 – 13:00 hours (Day 2)

Hybrid | German

Register

Scientific Writing and Yoga Retreat

When writing a paper or thesis, doctoral candidates have to face several challenges. The text has to address the target readership, be structured logically and stringently, and be written in a precise and concise style. Moreover, the writing process has to be brought in line with professional and personal duties. In this workshop, you will learn how to plan scientific texts efficiently and how to apply style and structural conventions adequately during the writing process. In addition, yoga sessions and mindfulness practices will be used to develop strategies to relax and refresh the body and mind. This unique combination of writing and yoga coaching equips participants with the right tools for a successful writing process.



Picture of a person stretching on a yoga mat
(Image: pexels.com)

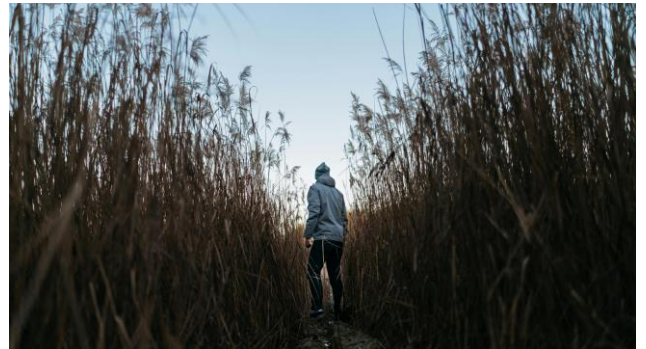
April 23 – 26, 2024

09:00 – 16:00 hours (Day 1) / 08:15 – 16:15 hours (Day 2, 3 & 4)

Register

Den eigenen Karriereweg für sich finden

Have you ever asked yourself if there is anything you can do now during your doctorate for your individual career path? Whether there are "dos and don'ts"? Things that, even if you are perhaps at the beginning of your doctorate, or even already at the end, can be useful for later career decisions? In this seminar, the word "career path" stands for planned professional steps that are aligned with professional goals and personal needs. You will look at your own wishes, competencies and needs regarding career paths. Examples of different career paths in academia and industry will be shown, and you will reflect, discuss and analyse your work.



Picture of a person walking through a wheat field
(Image: pexels.com)

April 29 – 30, 2024

10:00 – 16:30 hours

Campus Garching | German

Register

Future Life and Career Plans: A basic guideline for finding orientation and setting priorities

Do you sometimes struggle with consistently approaching 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. It 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 person taking notes
(Image: pexels.com)

May 02 – 03, 2024

09:00 – 17:00 hours

Campus Garching | English

Register

Wissenschaftliches Arbeiten mit Plan - Feinschliff für DoktorandInnen

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

Courses now open for booking



Personality & Self-Management

Produktive Gelassenheit **Soon! Book your spot now!**

April 08 – 09, 2024 | Online | German

Find your Flow - zielgerichtet und motiviert promovieren (Gruppe I)

April 12 & May 03, 2024 | Hybrid | German

Klarheit im Ausdruck

May 08 & 15, 2024 | Campus Garching | German

Leistung und Work-Life-Balance durch Stressmanagement **Registration starts soon!**

April 14 – 15, 2024 | Campus Garching | German

Mindfulness for stress relief **Registration starts soon!**

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



Communication & Methodological Competence

Scientific Writing and Yoga Retreat

April 23 – 26, 2024 | Campus Garching | English

Dissertation Writers' Workshop

May 02 – 03, 2024 | Campus Garching | English

Wissenschaftliches Arbeiten mit Plan - Feinschliff für DoktorandInnen

May 06 – 07, 2024 | Campus Garching | German

Agiles Projektmanagement: How to Scrum in der Forschung **Registration starts soon!**

May 22, 2024 | Campus Garching | German



Leadership & Responsibility

Lateral Leadership - Führen ohne Chef*in zu sein

May 07 – 08, 2024 | Campus Garching | German

(Selbst)Führung - Führungsseminar in den Alpen - Gruppe I **Registration starts soon!**

May 16 – 17, 2024 | Brannenburg | German

(Selbst)Führung - Führungsseminar in den Alpen - Gruppe II **Registration starts soon!**

May 23 – 24, 2024 | Brannenburg | German



Science & Research

Den eigenen Karriereweg für sich finden

April 29 – 30, 2024 | Campus Garching | German

Überzeugende Forschungsanträge schreiben

May 13 – 14, 2024 | Online | German

Career Paths in Academia: (Funding) Opportunities for Postdocs **Registration starts soon!**

May 21, 2024 | Online | English



Business & Industry

Application strategies - How to market yourself

April 11, 2024 | Online | English

Die GmbH - von der Gründung bis zum Exit

April 16, 2024 | Campus Garching | German

Grundlagenseminar „Betriebswirtschaftslehre in Finanzen und Controlling“ für Promovierende

April 25 – 26, 2024 | Online | German

Future Life and Career Plans: A basic guideline for finding orientation and setting priorities

May 02 – 03, 2024 | Campus Garching | English

Additional offers

Predatory Journals and Conferences (UB-TUM)

March 21, 2024 | Online | English

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

April 18, 2024 | Online | German

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

April 25, 2024 | Online | German

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

April 26, 2024 | Online | German

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

WiSe 23-24 | Online and on-site | English

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

WiSe 23-24 | Online | English

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

WiSe 23-24 | Online and on-site | English

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

WiSe 23-24 | 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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