

## Further Information

Please, find more detailed information on our course program at [www.gs.tum.de/course-program](http://www.gs.tum.de/course-program)

Unless stated otherwise in the course information, please register via DocGS: [www.docgs.tum.de](http://www.docgs.tum.de)

## Financial Contribution

The financial contribution for participants is stated in the course program overview in this flyer as well as on our website. Upon successful registration, you will receive an automated confirmation email including our account details. Please transfer the amount within one week after your registration. If the amount is not credited to our account within one week, we will cancel your registration to allow other doctoral candidates to participate.

## Cancellation

Should you be unable to attend the course, it is possible to cancel your registration free of charge up to four weeks prior to the course start. We kindly ask you to honor this deadline as your fellow doctoral candidates may be on the waiting list hoping for an opening. In order to reimburse your financial contribution, we need your bank account details.

## Limitation of Course Bookings

As of this winter semester, doctoral researchers cannot book more than 4 courses per semester.



## Contact us

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Cover photo: Astrid Eckert / TUM

## The Balancing Act

Working on your doctorate can sometimes feel like a balancing act: On the one hand, you are enthusiastic about focusing on your research – but on the other hand, there are various demands on you and your time: You may have to supervise students or take over administrative tasks at your research institute. You may have to publish your results within a very tight time frame – or even need a second job to finance your doctoral studies. While you are spending long hours in the lab or at your desk, you also want to spend time with your family and friends. And you want to take care of your own wellbeing by doing sports, being outdoors or having time just for yourself.



## Stay Healthy and Productive

Finding ways to create a wholesome work-life balance is essential to stay healthy and productive – not only during your doctorate. In this semester, we therefore offer several courses that will support you to find your very own balance:

- Semester Opening Talk: Biology of Performance
- The Balanced Researcher
- Peak Performance – Inspired by Neuroscience
- Time Management
- Embodied Yoga Principles: Bring your Scientific Career and Private Life into Balance
- Back training – just do it!
- ...and many more



TUM Graduate School  
Technical University of Munich

150 Jahre  
culture of  
excellence



## Exclusive Course Program | Winter Semester 2018/19

## TUM Graduate School

## TUM Graduate School Qualification Program

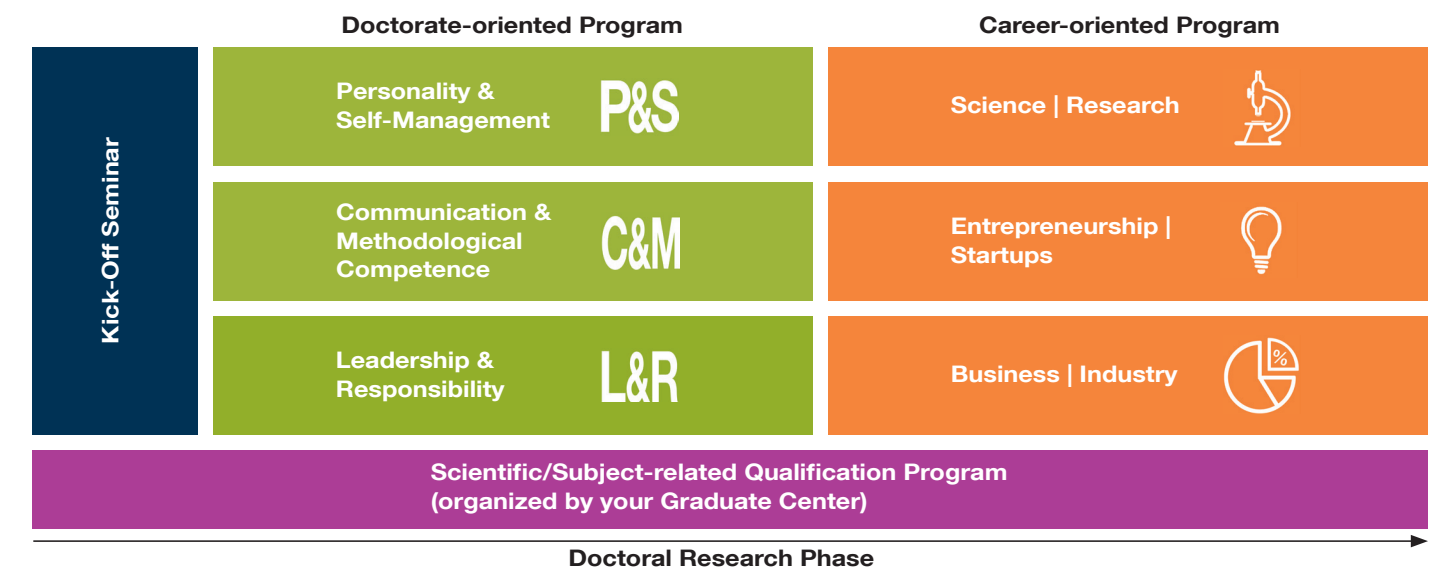
Our qualification program aims at supporting the efficient and successful progress of your doctorate, as well as your personal and professional development.

The three-day Kick-Off Seminar is the starting point to provide you with orientation as well as interdisciplinary exchange and networking opportunities with peers at the beginning of your doctoral project. The Scientific/Subject-related Qualification Program offered by your Departments and Graduate Centers will help you to dig deeper in your research and fertilize your independent academic work.

In this folder, you will find all of our transferable and professional skills training courses:

The Doctorate-oriented Program supports your training in the areas Personality & Self-Management, Communication & Methodological Competence and Leadership & Responsibility.

The Career-oriented Program is designed to give you specific support regarding the planning and realization of careers in different sectors.



## DOCTORATE-ORIENTED PROGRAM | WINTER SEMESTER 2018/19

Personality & Self-Management	Date and Time	Place	Trainer	Financial Contribution
Semester Opening Talk: Biology of Performance	27.09.2018   18:00-20:00h	Munich	Dr. Sebastian Spörer	
Time Management: Plan your Time Efficiently	04.10.2018   09:00-17:00h 05.10.2018   09:00 -17:00h	Garching	Thomas Benischke	40€
Brainfit – increase your brain's potential!	04.10.2018   09:00-12:00h	Garching	Jezebel Ohanian	
Back training – just do it!	05.10.2018   09:00-12:00h	Garching	Jezebel Ohanian	
Brainfit – wecken Sie Ihr geistiges Potenzial!	18.10.2018   09:00-12:00h	Garching	Karin Gmelch	
Mein Weg zum Ausgleich! Mit kollegialem Coaching zur persönlichen Work-Life-Balance	22.10.2018   09:30 -17:30h 19.11.2018   09:30-17:30h	Garching	Wolfgang Fänderl	40€
Controlled by Stress or Stress Under Control?	25.10.2018   09:00-17:00h	Garching	Monika Maria Thiel	20€
Embodied Yoga Principles: Bring your Scientific Career and Private Life into Balance	29.10.2018   09:30-16:30h 30.10.2018   09:30-16:30h	Garching	Dr. Luisa Demant	40€
Peak Performance – Inspired by Neuroscience	20.11.2018   09:00-17:00h	Garching	Dr. Sebastian Spörer	20€
The Imposter Syndrome: Why Successful People Often Feel Like Frauds	20.11.2018   09:00-12:00h	Freising	Prof. Hugh Kearns	
The Balanced Researcher	21.11.2018   14:00-17:00h	Garching	Prof. Hugh Kearns	15€
Efficiency Skills for Scientists: Get the Same Done in Less Time	22.11.2018   09:00-17:00h 23.11.2018   09:00-17:00h	Garching	Dr. Carsten Rohr	40€
Prepare for the Doctoral Defense	03.12.2018   09:00-17:00h 11.02.2019   09:00-16:00h (Follow-up)	Garching	Dr. Dunja Mohr	40€
Individuelle Stimmberatung / Individual Vocal Consultation Service	individual appointments available on 07.12.2018 and 01.02.2019	Garching	Veronika Molin	
Posture for Confidence	12.12.2018   16:00-19:00h	Garching	Dr. Ruth Adams	15€
Hello Academia!	10.01.2019   09:00-17:00h	Garching	Dr. Philipp Gramlich	20€
Rückentraining – heute, nicht erst morgen!	21.01.2019   14:00-17:00h	Garching	Karin Gmelch	
Gesund bleiben!	31.01.2019   09:00-17:00h 01.02.2019   09:00-17:00h	Straubing	Barbara Wagner	40€
Projektmanagement für Promovierende: Die Promotion als Projekt – durchstarten jetzt!	07.02.2019   09:00-17:00h 08.02.2019   09:00-17:00h	Garching	Barbara Wagner	40€
Stress Release for the Scientific-Minded	14.02.2019   16:00-19:00h 21.02.2019   16:00-19:00h	Garching	Dr. Ruth Adams	20€
Klarheit im Ausdruck! Stimme, Sprechen, Körpersprache	01.03.2019   09:00-17:00h 11.03.2019   09:00-17:00h	Garching	Veronika Molin	40€
Emotional Intelligence: Personal and Social Competence	07.03.2019   09:00-18:00h 08.03.2019   09:00-18:00h	Garching	Beatrix Stahlberger	40€
Produktive Gelassenheit	21.01.2019   09:00-17:00h 22.01.2019   09:00-17:00h	Garching	Dr. Wilfried Mende	40€
Dissertation Writers' Workshop	tbc			
Individual Coaching			TUM.Diversity	
<b>Communication &amp; Methodological Competence</b>				
Advanced Techniques in Modelling Complex Systems: Agent-Based Modelling and Simulation on Networks	15.10.2018   09:00-17:00h 16.10.2018   09:00-17:00h	Garching	Prof. André Kruschke	40€
Presenting Papers and Posters at International Conferences	18.10.2018   09:00-17:00h 19.10.2018   09:00-17:00h	Garching	Tim Korver	40€
Prototype your PhD: Make your research clear to others – with tangible prototypes	two individual workshops scheduled for the winter semester: 08.-09.11.2018   09:00-17:00h 14.-15.02.2019   09:00-17:00h	Garching	UnternehmerTUM	40€
Neue Perspektiven auf die eigene Forschung: Ein Medien-Canvas als Basissystem zur Medienkommunikation für Wissenschaftler/innen	12.11.2018   09:00-17:00h 13.11.2018   09:00-17:00h	Garching	Prof. Guido Ellert	40€
Scientific Paper Writing (Group I)	29.11.2018   09:00-17:00h 30.11.2018   09:00-17:00h	Garching	Dr. Aniko Balazs	40€
Argumentation in Scientific Writing	10.12.2018   09:00-17:00h 11.12.2018   09:00-17:00h	Garching	Dr. Malte Engel	40€
Lesestrategien für Wissensarbeiter/innen	07.01.2019   09:00-17:00h 08.02.2019   09:00-13:00h (Follow-up)	Garching	Dr. Wilfried Mende	40€
Advanced Techniques in Modelling Complex Systems: "Bring your own model"	11.01.2019   09:00-17:00h	Garching	Prof. André Kruschke	20€
Spotlight on Your Research!	18.01.2019   10:00-17:00h	Garching	Dora Dzvonyar Andrea Geipel	20€
Scientific Paper Writing (Group II)	28.01.2019   09:00-17:00h 29.01.2019   09:00-17:00h	Garching	Dr. Aniko Balazs	40€
Using R for Data Science	21.02.2019   09:00-17:00h 22.02.2019   09:00-17:00h	Garching	Dr. Stefan Haug	40€
Search, Cite, Publish   Recherchieren, Zitieren, Publizieren			TUM University Library	
Research Data Management   Forschungsdatenmanagement			TUM University Library	
Visibility and Research Impact   Sichtbarkeit und Impact von Forschung			TUM University Library	
Cite it right   Zitieren statt Plagieren	Please see website for information on courses taking place in Munich, Garching and Freising as well as webinars and online consultations: <a href="http://www.ub.tum.de/kurse">www.ub.tum.de/kurse</a> (in German) or <a href="http://www.ub.tum.de/en/courses">www.ub.tum.de/en/courses</a> (in English)		TUM University Library	
Routes to Publishing   Der Weg zur Publikation			TUM University Library	
Search Strategies and Databases Consultation Service   Sprechstunde Recherchestrategie und Datenbanken			TUM University Library	
Bibliometrics and Impact Consultation Service   Sprechstunde für Bibliometrie und Impact			TUM University Library	

Communication & Methodological Competence	Date and Time	Place	Trainer	Financial Contribution
Good Scientific Practice (and its Pitfalls in Everyday Research)	25.02.2019   09:00-17:00h 26.02.2019   09:00-17:00h	Garching	Helga Nolte	40€
eLearning: Good Academic Practice during Doctoral Studies   Gute Wissenschaftliche Praxis in der Promotion	see TUM-GS website for further information	online	GRADE (Goethe-Universität Frankfurt)	
English for Doctoral Researchers (English Coaching Program and English Writing Center)	Please see website for further information on courses and services: <a href="http://www.sprachenzentrum.tum.de">www.sprachenzentrum.tum.de</a>		TUM Language Center	
German as a Foreign Language: Levels A1.1 - B2.2			TUM Language Center	
<b>Leadership &amp; Responsibility</b>				
(Selbst-)Führung – Führungsseminar in den Alpen	11.10.2018   09:00 through 12.10.2018   17:00h	Brannenburg	Prof. Dominik Hammer	90€
Relational Leadership: Leading Myself – Leading Others	26.10.2018   09:00-17:00h 30.11.2018   09:00-17:00h 27.10.2018   09:00-17:00h 01.12.2018   09:00-17:00h	Garching	Micha Brück & Christian Herbst	100€
Communicating in Teams and Difficult Situations	05.11.2018   09:00-17:30h 06.11.2018   09:00-16:30h	Garching	Monika Maria Thiel	40€
Ethik und soziale Verantwortung in Wissenschaft und Führung	26.11.2018   09:00-17:00h 27.11.2018   09:00-17:00h	Garching	Frank Wendeberg	40€
Führung und Persönlichkeit	13.12.2018   09:30-17:30h 14.12.2018   09:30-17:30h	Garching	Sabine Lendorf-Sandler	40€
Moderation Training – Leadership Skills for Meetings and Discussions	14.01.2019   09:00-17:00h 15.01.2019   09:00-17:00h	Garching	Dr. Markus Gyger	40€
Basics in Business Administration (Group I)	14.01.2019   09:00-17:00h 15.01.2019   09:00-17:00h	Garching	Prof. Dominik Hammer	40€
(Un)conscious Bias	17.01.2019   09:00-17:00h 18.01.2019   09:00-17:00h	Garching	N.N.	40€
Betriebswirtschaftliche Grundlagen	18.01.2019   09:00-17:00h 19.01.2019   09:00-17:00h	Garching	Dr. Frank Boeckelmann	40€
Basics in Business Administration (Group II)	11.02.2019   09:00-17:00h 12.02.2019   09:00-17:00h	Garching	Prof. Dominik Hammer	40€
Argumentation and Negotiation Skills	14.02.2019   09:30-17:30h 15.02.2019   09:30-17:30h	Garching	Eliza Skowron	40€

## CAREER-ORIENTED PROGRAM | WINTER SEMESTER 2018/19

Science & Research	Date and Time	Place	Trainer	Financial Contribution
Career Planning: Know your strengths and find your goals in the New World of Work! (workshop for women)	11.10.2018   09:00-17:00h 12.10.2018   09:00-17:00h	Garching	Dr. Petra Seisl & Andrea Gutmann	40€
Karrierewege nach der Promotion	30.10.2018   14:00-17:00h	Munich	ProMUC-Initiative	
Personal Branding: Be self-confident and visible in the New World of Work! (workshop for women)	15.11.2018   09:00-17:00h 16.11.2018   09:00-17:00h	Garching	Barbara Lutz & Kathrin Köhler	40€
Career Success: The most important things to know about (Un-)conscious Bias and other hindrances in the New World of Work (workshop for women)	03.12.2018   09:00-17:00h 04.12.2018   09:00-17:00h	Garching	Barbara von Graeve & N.N.	40€
Should I Stay or Should I Go? Career Paths In and Outside Academia	24.01.2019   09:00-17:00h	Garching	Dr. Dieta Kuchenbrandt	20€
Collaboration & Negotiation: How to achieve your goals in the New World of Work (workshop for women)	18.02.2019   09:00-17:00h 19.02.2019   09:00-17:00h	Garching	Ronak Kalhor & N.N.	40€
Agile, Scrum, Lean and Kanban: Erweiterung der Arbeitsmethoden in der Wissenschaft	28.02.2019   09:00-17:00h 01.03.2019   09:00-17:00h	Garching	Dr. Duygu Brandstetter	40€
Wissenschaftsmanager/in – eine Karriereoption nach der Promotion?	12.03.2019   09:00-14:00h	Munich	Dr. Franziska Emmerling & Dr. Elke Graf	15€
Career Paths in Academia: (Funding) Opportunities for Postdocs	14.03.2019   15:00-17:30h	Garching	Dr. des. Neele Meyer	15€
<b>Entrepreneurship &amp; Startups</b>				
Med Tech Bootcamp	10.-13.09.2018 (4 days)	Garching	UnternehmerTUM	
Xplore: Marktchancen identifizieren für Gründungsideen aus der Wissenschaft	12.-14.11.2018 (3 days)	Garching	UnternehmerTUM	
TUMentrepreneurship Degree <sup>2</sup>	see website for further info		TUM & UnternehmerTUM	
<b>Business &amp; Industry</b>				
Die GmbH – von der Gründung bis zum Exit	23.10.2018   15:00-18:30h	Garching	Dr. Jan Kreklau	15€
Gesellschaftsrecht für angehende Manager/innen	18.12.2018   09:00-17:00h	Garching	Dr. Thomas Hausbeck	20€
Leaving Academia? Career Planning for Doctoral Candidates	25.01.2019   09:00-17:00h	Garching	Dr. Dieta Kuchenbrandt	20€
Bewerbungstraining: Anschreiben, Lebenslauf und Vorstellungsgespräch	04.02.2019   09:00-17:00h 05.02.2019   09:00-17:00h	Garching	Julia Lübbers	40€
Basics Arbeitsrecht – was Sie wissen müssen!	15.03.2019   09:00-13:00h	Garching	Beatrix Lippert	15€
Job Application: Cover Letter, CV and Job Interview	18.03.2019   09:00-17:00h 19.03.2019   09:00-17:00h	Garching	Julia Lübbers	40€
Webinar: Die Promotionszeit sinnvoll planen		online	Alumni & Career	
Webinar: Überzeugende Lebensläufe für Promovierende und Postdocs	Please see website for information on webinars and career counseling service: <a href="https://www.together.tum.de">https://www.together.tum.de</a>	online	Alumni & Career	
Webinar-Reihe: Berufsperspektiven für Promovierende und Postdocs		online	Alumni & Career	
Walk In Career Counseling   Walk In-Karriereberatung			Alumni & Career	

Course titles indicate the language of instruction in the course.

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