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TUM Graduate School  
Technische Universität München



April 25, 2023

## Transferable Skills Training Newsletter



Two people talking (Image: pexels.com)

Dear doctoral candidates,

Even when the life of a doctoral candidate is likely to have a busy schedule filled with research, meetings and teaching obligations, it is important to remember that a doctorate should not only be about earning a degree, but also about preparing yourself for your future career. We, at [TUM Graduate School](#), together with our [Transferable Skills Training](#) want to provide you with valuable tools and resources to help you navigate the career planning process.

Courses as [Career Planning](#), where not only the career opportunities of each participant will be discussed, but also the concrete steps towards accomplishing their goals; [Personal Branding](#), which can help you to define interests, strengths and values and supports you in unlocking your potential; or [Career Crafting](#), where you will have the opportunity to have an exclusive one-on-one coaching session from our experienced trainer. All of these courses help you identify your skills and interests, but most of all, we want you to achieve your professional goals towards a successful post-graduate career.

If you want to know more about our offer, feel free to check our page and register via [DocGS](#). Also, stay tuned for 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?

### 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. In this opportunity, 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

## Events

### Weg zur Professur an einer Hochschule für angewandte Wissenschaften: Informationen und Einblicke

This event introduces the career option of a professorship at a University of Applied Sciences (UAS) and presents practical information for the appointment process. The differences between the university system and the changing landscape of Universities of Applied Sciences, as well as the requirements profile of a professorship at a UAS, will be addressed. Prof. Dr. Christian Zang from the Weihenstephan-Triesdorf University of Applied Sciences will provide insights into the everyday life of an UAS professor and his personal path to this position. After the presentations, there will be ample opportunity for questions and networking.

May 16, 2023

17:00 – 19:00 hours

Campus Garching | German

Register



Kick-Off Event Attract2HM (Image: TUM-GS)

## Inside the courses

### Communication Toolbox for Doctoral Candidates (Group I)

Enthuse your audience with Storytelling, Design Thinking & Rapid Prototyping! This workshop will enable you to inspire and convince different audiences of your research. Through storytelling, you will learn how to create an audience-oriented story of your project which helps you to spark your listeners' interest, and to successfully convey the relevancy of your research. With Rapid Prototyping, you can transfer any theoretical or complex topic into a tangible visualization (prototype). This makes fundamental research comprehensible and accessible for your listeners – also outside the scientific community.

May 16 – 17, 2023

09:00 – 15:00 hours (first day) / 09:00 – 12:30 (second day)

Campus Garching | English

Register



Picture of a group working on laptops (Image: pexels.com)

### 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.

May 23 – 24, 2023

09:00 – 17:00 hours

Online | English

Register



Picture of two people shaking hands (Image: pexels.com)

## Mental Health

In this workshop you will not only understand the psychological dynamics leading to mental exhaustion, but also develop strategies to maintain a motivated, joyful work-life without neglecting difficult circumstances. Discover how to take care of yourself and manage emotions in order to foster mental strength/resilience is a main point of the course. Also, you will be taught different methods to “stay on top” when tasks, demands and duties seem to be overwhelming. The course aims to learn how to maintain confidence when results are sometimes lacking. Exercises will make it easy to put empirical research into practical experience. All exercises are easy to transfer into daily routines.



Picture of a women reading a book (Image: pexels.com)

May 24, 2023

09:00 – 17:00 hours

Campus Garching | English

Register

### **Pioneers of Change: Create and manage sustainable projects**

How do we shape social change towards a sustainable society? We make it our project! In this course, you will learn how to create your own sustainable project and adapt your entire project process to sustainability criteria: Pioneers of change are familiar with the global social, ecological and environmental challenges. They realize projects that aim at solutions for these challenges. They also adjust their project processes to sustainability criteria and reflect on their potential influence and impact. Therefore, you will not only learn how to develop your own project by using project management and creativity techniques. You will also learn what it means to realize a project that gives positive value to you personally, to your social surrounding and to the environment.



Picture of a hand holding a plant (Image: pexels.com)

May 25 – 26, 2023

09:00 – 17:00 hours

Campus Garching | English

Register

## **Courses now open for booking**



**Personality & Self-Management**

### Produktive Gelassenheit

May 25 – 26, 2023 | Online | German

### Personal Energy Protection PEP Health inkl. PEP UP

June 06 – 07 & September 13, 2023 | Campus Garching | German

### Individuelle Stimmbberatung

June 13 & 20, 2023 | Online | German

### Stress Release for the Scientific Minded

June 14, 21 & 28, 2023 | Online | English

### Performing Under Pressure

June 15 – 16, 2023 | Campus Garching | English



## Communication & Methodological Skills

### Schreibwerkstatt: Erfolgreich wissenschaftlich schreiben

May 11 – 12, 2023 | Campus Garching | German

### Lesestrategien für Wissensarbeiter/innen

May 22 – 23 & June 12, 2023 | Campus Garching / Online (Follow up) | German

### Scientific Writing Workshop - 8 weeks

June, July & August, 2023 | Online / Campus Garching | English

### Wissenschaft verständlich kommunizieren

June 12 – 14, 2023 | Online | German

### Communicating in Teams and Difficult Situations

June 19 – 20, 2023 | Online | English

### Moderationstraining

June 19 – 20, 2023 | Campus Garching | German

### Promovieren mit Plan – Wissenschaftliches Arbeiten für Doktorand\*innen

June 23, 29 – 30, 2023 | Online / Campus Garching | German



## Leadership & Responsibility

### Pioneers of Change: Create and manage sustainable projects

May 25 – 26, 2023 | Campus Garching | English



## Science & Research

### Überzeugende Forschungsanträge schreiben

June 20 – 21, 2023 | Online | German



## Entrepreneurship & Startups





[Entrepreneurial Leadership and Self-Empowerment](#)

June 21, 2023 | Online | English

## Business & Industry

[Die GmbH - von der Gründung bis zum Exit](#)

May 15, 2023 | Campus Garching | German

[Future Life and Career Plans: A basic guideline for finding orientation and setting priorities](#)

May 23 – 24, 2023 | Online | English

[Career Crafting \(mit Einzelcoaching\)](#)

June 05, 2023 | Campus Garching | German

Einzelcoaching: June 12 – 23, 2023 | Online

[Essential Skills for a Career in Industry – How to Be More Employable in the Private Sector!](#)

June 05 – 07, 2023 | Online | English

[Successful Management in a Global World](#)

June 12 – 13, 2023 | Campus Garching | English

[Bewerbungstraining für Doktorand:innen](#)

June 19 – 20, 2023 | Online | German

[Basics in Business Administration \(Group I\)](#)

June 22 – 23, 2023 | Campus Garching | English

## Additional offers

[TUM.Additive – the PhD seminar & networking](#)

April 25, 2023 | Campus Garching | English

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

Schwerpunkt Medizin

May 03, 2023 | Munich: Nigerstr. 3, LUTZ (Teilbibliothek Medizin) | German

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

May 04, 2023 | Online | German

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

Schwerpunkt Social Sciences and Technology

May 05, 2023 | Munich: Richard-Wagner-Str.1, Room B.158 | German

[From PhD to Innovator \(Young Entrepreneurs in Science – Falling Walls Foundation\)](#)

May 11 – 12, 2023 | Online | English

[Compact Course Literature Research for Your Dissertation \(UB-TUM\)](#)

May 12, 2023 | Online | English

[Cite it right \(UB-TUM\)](#)

May 15, 2023 | Online | English

[Research Data Management \(UB-TUM\)](#)

May 15, 2023 | Online | English

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

Schwerpunkt Computer and Electrical Engineering

May 16, 2023 | Online | German

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

May 16, 2023 | Online | German

[Entrepreneurial Science Talents](#)

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

[Courses for TUM doctoral candidates \(UB-TUM\)](#)

SoSe 23 | Online | English & 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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