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TUM Graduate School
Technische Universität München



November 18, 2024

Transferable Skills Training Newsletter



Picture of a person walking on autumn leaves
(Image: pexels.com)

Dear doctoral candidates,

We're happy to welcome you to our newsletter, which now includes an exciting new feature! Introducing "**Know Your Trainer**" - a section focused on presenting the talented trainers who lead our course program within the [TUM-GS Transferable Skills Training](#). In this feature, you will have the chance to get to know the unique backgrounds, experiences, and career journeys of our trainers, offering you a closer look at the paths they've taken and the insights they've gained along the way. Our hope is that these stories will not only give you a fresh perspective on the trainers themselves but will also offer some inspiration for your own journey.

To stay updated with news and exciting events for doctoral candidates, visit our [website](#) and subscribe to our [TUM-GS Newsletter](#) to learn more about what we offer.

“Know your Trainer” *New!*

Dr. Duygu Brandstetter

What inspired you to pursue a career as a trainer? Was there a specific moment or influence?

As a student, I wrote my thesis at EADS (now Airbus). My topic was evaluating training courses and workshops for employees. I think this was the moment when I realized how much you can motivate people with training events. It's not always about higher pay.

Why do you think it is important for doctoral candidates to enhance their transferable skills?

We always need a break to reflect. Our everyday working routine is too dynamic and fast-paced. We often lag behind in our thoughts and

find it difficult to keep up with the pace. This is one of the main reasons why all of the TUM Graduate School events are so valuable. No matter which workshop topic doctoral candidates choose, they have the opportunity to reflect on their work and their personal development under professional moderation.

What do you find most rewarding about being a trainer?

At the beginning of my workshops, the participants don't yet know exactly what to expect. However, I structure my training sessions so that they quickly realize how much they can contribute and control themselves. The feedback I hear most often is that they felt very comfortable and that I was very authentic. This probably creates a good atmosphere for learning and discussion. As an educator and psychologist, this is the best work goal I can imagine every day.

Course taught by Duygu in the Transferable Skills Training: [Dein New Leadership Mindset](#)



(Image: Brandstetter)

“Inside the courses”

Konfliktmanagement – Konfliktdynamiken verstehen und konstruktiv lösen *Soon! Book your spot now!*

Conflicts are an unavoidable part of everyday professional and private life. However, they can also offer opportunities for personal and professional development if they are managed effectively. In this seminar, you will learn the basics of conflict management so that you can recognize tensions and conflicts at an early stage and address them openly. You will acquire practical solution strategies and intervention techniques for solution-oriented behavior and successful conflict management. The seminar combines theoretical input with practical exercises and peer counseling. Through role plays, group work and case discussions, participants have the opportunity to test and deepen their skills in a safe environment.



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

November 27 – 28, 2024

09:00 – 17:00 hours

Campus Garching | German

Register

Mindfulness for Stress Relief

This 6 session training covers the basics of mindfulness for doctoral candidates to improve one's quality of life and reduce negative stress responses. The sessions will consist of guided meditation practices, body postures, discussions and self-reflection. The trainer will give short talks on certain topics, however the training focuses on experiencing the content through guided meditations. The course focuses on the basics of mindfulness and how it can impact your work and life, understanding stress and finding individual and practical ways to deal with it, the body and breath as a focus for mindfulness, and the benefits of cultivating kindness towards oneself and others.



Picture of two people sitting on the grass
(Image: pexels.com)

Start: January 10, 2025 (See DocGS for exact dates)

16:00 – 17:15 hours

Online | English

Register

How to play the German research and innovation system: hands-on career guidance for Early Career Researchers

The workshop provides an overview of the German research and innovation system and addresses the particularities of conducting research in higher education institutions, non-university organisations and the private sector. It explores essential professional skills to become an independent, internationally visible researcher and raises strategic issues in career development, such as geographic, thematic and intersectoral mobility. The programme aims to assess the current researcher position, to identify individual career goals and to develop a road map for how to achieve them.



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

January 23, 2025 (Plus individual online coaching: See DocGS for exact dates)

09:00 – 16:30 hours

Hybrid | English

Register

Courses open for booking



Personal Development

[Mindfulness for Stress Relief](#)

Start: January 10, 2025 (See DocGS for exact dates) | Online | English

[Toolbox Konzentration](#)

January 21 – 22, 2025 | Online | German



Communication & Collaboration

[Konfliktmanagement – Konfliktdynamiken verstehen und konstruktiv lösen](#) **Soon! Book your spot now!**

November 27 – 28, 2024 | Campus Garching | German

[Onboarding Course: Preparation for your first teaching tasks \(ProLehre | Media and Didactics\)](#)

Start: January 14, 2025 (See DocGS for exact dates) | Online | English

[Conflict Management – From Confrontation to Collaboration](#)

January 27 – 28, 2025 | Campus Garching | English

[Wissenschaftliches Schreiben - mit kreativen Methoden leicht gemacht](#)

January 27 – 28, 2025 | Online | German



Skills for Science & Beyond

[Agile Project Management with SCRUM](#)

January 21 – 22, 2025 | Online | English

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

January 24 and February 7, 2025 | Online | German



Responsible Leadership

[Dein New Leadership Mindset](#)

December 5 – 6, 2024 | Online | German



Career Development

[How to Play the German Research and Innovation System: A Hands-On Career Guide for Early Career Researchers](#)

January 23, 2025 | Hybrid | English

Plus individual online coaching (See DocGS for exact dates)

Additional offers

[Der Weg zur Publikation \(UB-TUM\)](#)

November 20, 2024 | Online | German

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

Focus Medicine & Health

November 26, 2024 | Online | English

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

November 27, 2024 | Munich: Barer Str. 21, 2nd floor, Room 2534 | German

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

Schwerpunkt SOT

November 28, 2024 | Online | German

[acatech am Dienstag: KI im Unternehmen – wie gelingt ein vertrauenswürdiger Einsatz? \(acatech\)](#)

December 3, 2024 | Online | German

Free registration, open now

[*To Be Honest - Conference 2024: Career Real Talk for Researchers \(GSO\)](#)

December 5 – 6, 2024 | Online | English

Free registration, open now

[Visibility and Research Impact \(UB-TUM\)](#)

December 6, 2024 | Online | English

[acatech am Dienstag: Fit für KI – Welche Kompetenzen brauchen wir in Alltag und Arbeitswelt? \(acatech\)](#)

December 17, 2024 | Universität Bamberg | German

Free registration, open now

[Cite It Right \(UB-TUM\)](#)

December 18, 2024 | Online | English

[English Courses for Staff \(TUM Language Center\)](#)

WiSe 24/25 | Online and on-site | English

[Nature Masterclasses \(TUM ForTe\)](#)

WiSe 24/25 | Online | English

[Workshops for TUM Postdocs \(TUM ForTe\)](#)

WiSe 24/25 | Online and on-site | English

[Munich Postdoc101 Talks \(TUM ForTe\)](#)

WiSe 24/25 | 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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