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TUM Graduate School
Technische Universität München



January 24, 2025

Transferable Skills Training Newsletter



Picture of a person looking at the landscape
(Image: pexels.com)

Dear doctoral candidates,

Welcome back to our Transferable Skills Training Newsletter. We are very happy to continue this journey with you throughout your doctorate. Let's start 2025 with excitement and determination, ready to grow and explore new possibilities together!

Stay tuned for news, insights or interesting events for doctoral candidates, visit our [website](#) and subscribe to our [TUM-GS Newsletter](#) to learn more about what we offer.

“What’s new?”

Transferable Skills Training: Check out our new course program for Summer Semester 2025!

With the start of the new year, there is already also a new semester around the corner! We have added some new exciting offers to our program, that we hope you will find useful and inspiring. Take a look at our new **Summer Semester 2025** course program! **Course registrations are open from 4 February.**

Don't miss this great opportunity and mark your calendars!



Transferable Skills Training graphic
(Image: TUM-GS)

Events

Info event: Career path to a professorship at a University of Applied Sciences

At the info event everything will focus on an exciting career option that many doctoral candidates may not have considered yet: A professorship at a University of Applied Sciences (UAS). Learn more about the job profile and get practical information and advice on the application process. **Prof. Dr. Christina Rothhaar** from the **Hochschule München** will share with us her personal path to becoming a UAS professor and her experiences in this multi-faceted profession. After the presentations, there will be plenty of time for questions and networking. Please note that the event will be held in German. This event is part of the "**Attract2HM**" project, which specifically supports doctoral candidates who aspire to a UAS professorship. Check out our other support offers, like our [career counselling service](#) or a [mentoring program](#) to connect with professors from the Hochschule München.



Impression from our last Attract2HM event
(Photo: TUM-GS)

March 11, 2025

17:00 – 19:00 hours

Campus Garching | German

[Register](#)

“Inside the courses”

Mental Health: Bei hohen Arbeitsanforderungen Freude und Motivation bewahren *Soon! Book your spot now!*

Participants will understand the psychological dynamics leading to mental exhaustion. They will also develop strategies for maintaining a motivated, joyful work-life without neglecting difficult circumstances. They will discover how to take care of themselves and manage emotions in order to foster mental strength and resilience. Also, they will be equipped with methods to “stay on top” when tasks, demands and responsibilities seem to be overwhelming. Exercises will make it easy to put empirical research into practice. All exercises are easy to transfer into daily routines.

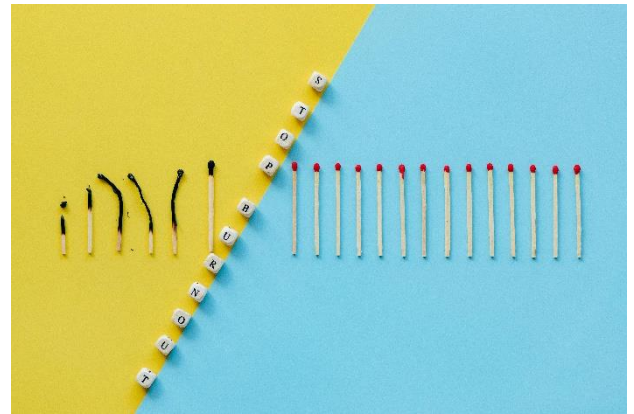


Image of match sticks in different states
(Image: pexels.com)

February 11, 2025

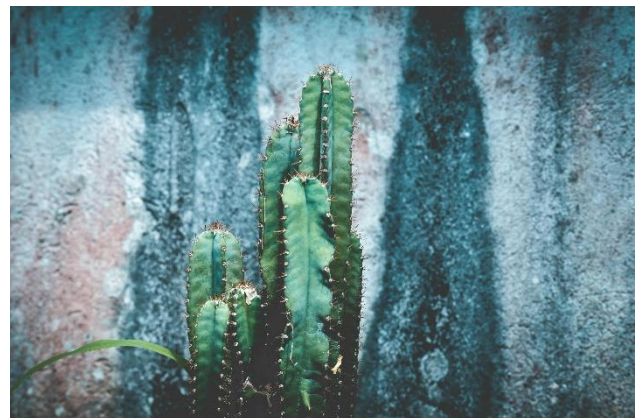
09:00 – 17:00 hours

Campus Garching | German

[Register](#)

Get Resilient!

Resilience has been proven to help people not only succeed but also to thrive when facing obstacles and stress. Managing change is a challenge and can often leave us feeling low on emotional and mental resources, but thankfully resilience and grit are something that can be learned and trained. This workshop focuses on identifying and building the elements that make us mentally and emotionally resilient to stress and pressure. Participants will learn skills for emotional regulation, sharpen their emotional awareness, gain techniques to reduce anxiety and stress, and understand how to use reframing strategies to make situations more manageable.



Picture of a cactus in an urban environment.
(Image: pexels.com)

February 19, 2025

09:00 – 16:00 hours

Campus Garching | English

[Register](#)

Training for your Career Planning

Do you want to work joyfully every day in your professional future? Would you like to define and pursue your career path in a focused yet flexible manner? Do you want to successfully realize your professional dreams, wishes and goals through project, time and self-management? This course will provide you with various tools that will make it easier for you to plan and shape your professional future now. You will learn how to define your career path and achieve your professional goals happily and successfully.



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

February 20, 2025

09:00 – 17:00 hours

Campus Garching | English

Register

Courses open for booking



Personal Development

[Mental Health: Bei hohen Arbeitsanforderungen Freude und Motivation bewahren](#) **Soon! Book your spot now!**

February 11, 2025 | Campus Garching | German

[Get Resilient!](#)

February 19, 2025 | Campus Garching | English

[Emotionale Intelligenz](#)

March 13 – 14, 2025 | Online | German

[Mindfulness for Stress Relief](#) **Registration opens soon!**

Start: March 28, 2025 (See DocGS for exact dates) | Online | English



Communication & Collaboration

[Netzwerken](#)

February 24, 2025 | Campus Garching | German

[Überzeugende Forschungsanträge schreiben](#)

February 26 – 27, 2025 | Online | German

Schwierige Gespräche führen, Konfliktkommunikation

February 27 – 28, 2025 | Campus Garching | German

Vortragstechnik

March 11 – 12, 2025 | Campus Garching | German

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

Start: March 18, 2025 (See DocGS for exact dates) | Online | English

Wissenschaftskommunikation *Registration opens soon!*

March 24 – 25, 2025 | Campus Garching | German



Skills for Science & Beyond

Basics in Business Administration

February 17 – 18, 2025 | Campus Garching | English

Slidewriting: Optimize your own academic presentation *Registration opens soon!*

March 26, 2025 | Online | English

Introduction to Entrepreneurship *Registration opens soon!*

March 26, 2025 | Campus Garching | English

Eyecatching Poster erstellen *Registration opens soon!*

March 27, 2025 | Campus Garching | German



Responsible Leadership

Fit for Leadership?!

February 27 – 28, 2025 | Campus Garching | English

Be a strong and authentic female leader *Registration opens soon!*

March 27, 2025 | Online | English



Career Development

All Women - drive your life! *Soon! Book your spot now!*

February 11, 2025 | Online | English

Wege aus der Wissenschaft

February 13, 2025 | Online | German

Training for your Career Planning

February 20, 2025 | Campus Garching | English

Karriereweg Professur an einer Hochschule für angewandte Wissenschaften (HAW)

March 11, 2025 | Campus Garching | German

Additional offers

[Routes to Publishing \(UB-TUM\)](#)

February 12, 2025 | Online | English

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

Schwerpunkt Medicine & Health

February 13, 2025 | Online | German

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

Focus on Engineering & Design: Architecture, Civil Engineering, Geo Sciences

February 18, 2025 | Online | English

[Predatory Journals and Conferences \(UB-TUM\)](#)

February 18, 2025 | Online | English

[Sichtbarkeit und Impact von Forschung \(UB-TUM\)](#)

February 27, 2025 | Online | German

[From PhD to Innovator \(TUM Venture Labs\)](#)

Start: February 27, 2025 | Built Environment Lab - Building 0503, 2nd floor, Room 2345,

Arcisstraße 21, 80333, Munich | English

[acatech am Dienstag: Zukunft des Fliegens \(acatech\)](#)

March 13, 2025 | Online | German

Free registration, open now

[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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