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TUM Graduate School
Technische Universität München



February 19, 2025

Transferable Skills Training Newsletter



Picture of two people looking at a robot
(Image: pexels.com)

Dear doctoral candidates,

We are very happy to bring you once again some interesting content focused on transferable skills and our course program.

This edition features a new “[Know Your Trainer](#)” interview, more about our upcoming info event [Karriereweg Professur an einer Hochschule für angewandte Wissenschaften \(HAW\)](#) and, of course, a list of all our courses, including those in [Summer Semester 2025](#) that are already open for booking.

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

“Know your Trainer”

Dr. Carsten Rohr

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

I can't stand inefficiency. During my doctorate, I kept explaining optimization ideas to colleagues and students. At some point, I realized I was basically running mini-trainings, and that later became the foundation for my first real courses. During one of the many skills courses that I was attending myself, a trainer approached me if I wanted to assist him. I said yes, and from then on, I just went further down that path.

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

For me, transferable skills added extra perspective to my doctorate — beyond just the technical side. They shaped how I tackled problems, interacted with others and navigated processes. Good trainers challenged my thinking, broke my bubble, and surprised me. These skills weren't just for research; they helped in job hunting, setting boundaries, and life in general. Plus, I liked some of the quirky, fascinating personalities of the trainers, which made the whole experience even richer.

What do you find most rewarding about being a trainer?

Watching people have those 'aha' moments when something finally clicks when a concept changes to a real-life solution. The best sessions aren't just about me lecturing — they're about bouncing ideas around, challenging assumptions, and figuring out what actually works in the real world. It's not about sticking to a polished script; it's about digging into the messy, practical stuff that matters. And yeah, I won't lie — one of the best perks of the job is getting to throw in some unsolicited advice.

Course taught by Carsten in the Transferable Skills Training: [Efficiency Skills for Scientists](#)



(Image: Rohr)

Events

Info event: [Karriereweg Professur an einer Hochschule für angewandte Wissenschaften \(HAW\)](#)

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



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

supports doctoral candidates who aspire to a UAS professorship. Also check out our other support offers, such as our [career counselling service](#) or a [mentoring program](#) to connect with professors from the Hochschule München.

March 11, 2025

17:00 – 19:00 hours

Campus Garching | German

Register

“Inside the courses”

Wissenschaftskommunikation

If you want to have a career in science, you need to be able to present your findings to a wide audience. Accordingly, scientific content needs to be prepared for different media and target groups. Using the example of popular science articles, blog posts and social media, in this workshop you will learn how to prepare content for different media. You will train yourself to think more from the perspective of the target audience and learn about the requirements and stylistic characteristics of the respective outlets.



Image of a group of people.
(Image: pexels.com)

March 24 – 25, 2025

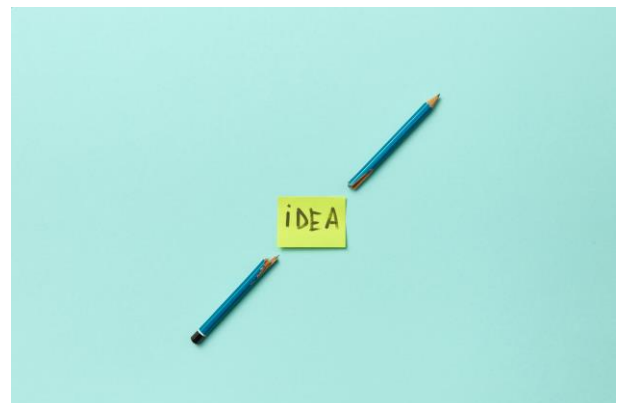
09:00 – 17:00 hours

Campus Garching | German

Register

Introduction to Entrepreneurship

Unlock the essentials of entrepreneurship and discover if it's the right path for you. This course provides practical insights into what entrepreneurship entails, how new technologies are adopted, and strategies for securing startup funding. The session is designed to be pragmatic and applicable, emphasizing an entrepreneurial mindset valuable even outside the startup world. Explore startup dynamics, innovation adoption, and venture capital strategies. This workshop will help you to unlock your entrepreneurial potential and navigate the exciting world of startups!



Picture of a pencil and the word "idea".
(Image: pexels.com)

March 26, 2025

11:00 – 16:30 hours

Campus Garching | English

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 contemplating nature.
(Image: pexels.com)

Start: March 28, 2025 (see DocGS for exact dates)

16:00 – 17:15 hours

Online | English

Register

Werkzeugkasten Karriereplanung

Discover your aspirations, skills, and needs through self-reflection. In this course, you will learn about various career paths in academia and industry, and develop strategies for different professional fields. You will get tips on how to optimize CVs and applications for different sectors, and how to strengthen your personal branding and presence in different professional situations. Participants will be provided with concrete tools for career planning and will have the opportunity to optimize their CV and other job application documents.



Picture of a toolbox, notebook and laptop.
(Image: pexels.com)

April 1 – 2, 2025

09:30 – 16:00 hours (first day) / 09:00 – 15:30 hours (second day)

Campus Garching | German

Register

Courses open for booking



Personal Development

[Mindfulness for Stress Relief](#)

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

[Klarheit im Ausdruck: Stimme, Sprechen, Körpersprache](#)

April 2 and 16, 2025 | Campus Garching | German

[Closing the tabs – Nach der Arbeit abschalten](#)

April 4 and 11, 2025 | Online | German



Communication & Collaboration

[Wissenschaftskommunikation](#)

March 24 – 25, 2025 | Campus Garching | German

[Dissertation Writers' Workshop](#)

April 3 – 4, 2025 | Campus Garching | English



Skills for Science & Beyond

[Introduction to Entrepreneurship](#)

March 26, 2025 | Campus Garching | English

[Eyecatching Poster erstellen](#)

March 27, 2025 | Campus Garching | German

[Einführung in das Projektmanagement](#)

April 8, 2025 | Campus Garching | German

[Slidewriting: Blitzschnell sofort verständliche Präsentationsfolien erstellen](#)

April 10, 2025 | Online | German

[AI & Prompt Engineering](#)

April 11, 2025 | Campus Garching | English

[Efficiency Skills for Scientists](#)

April 14 – 15, 2025 | Campus Garching | English



Responsible Leadership

[Systemisches Tool Kit für angehende Führungskräfte](#)

April 9 – 10, 2025 | Campus Garching | German



Career Development

[Karriereweg Professur an einer Hochschule für angewandte Wissenschaften \(HAW\)](#)

March 11, 2025 | Campus Garching | German

[Werkzeugkasten Karriereplanung](#)

April 1 – 2, 2025 | Campus Garching | German

[Karriere in der Wissenschaft](#)

April 14, 2025 | Online | German

Additional offers

[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

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

February 27, 2025 | Online | German

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

March 13, 2025 | Online | German

Free registration, open now

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

Focus on Medicine & Health

March 14, 2025 | Online | English

[Zitieren für Wissenschaftler/-innen \(UB-TUM\)](#)

March 14, 2025 | Online | German

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

March 18, 2025 | Online | English

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

Focus on Engineering & Design: Engineering

March 18, 2025 | Online | English

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

March 21, 2025 | Online | German

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

March 26, 2025 | 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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