

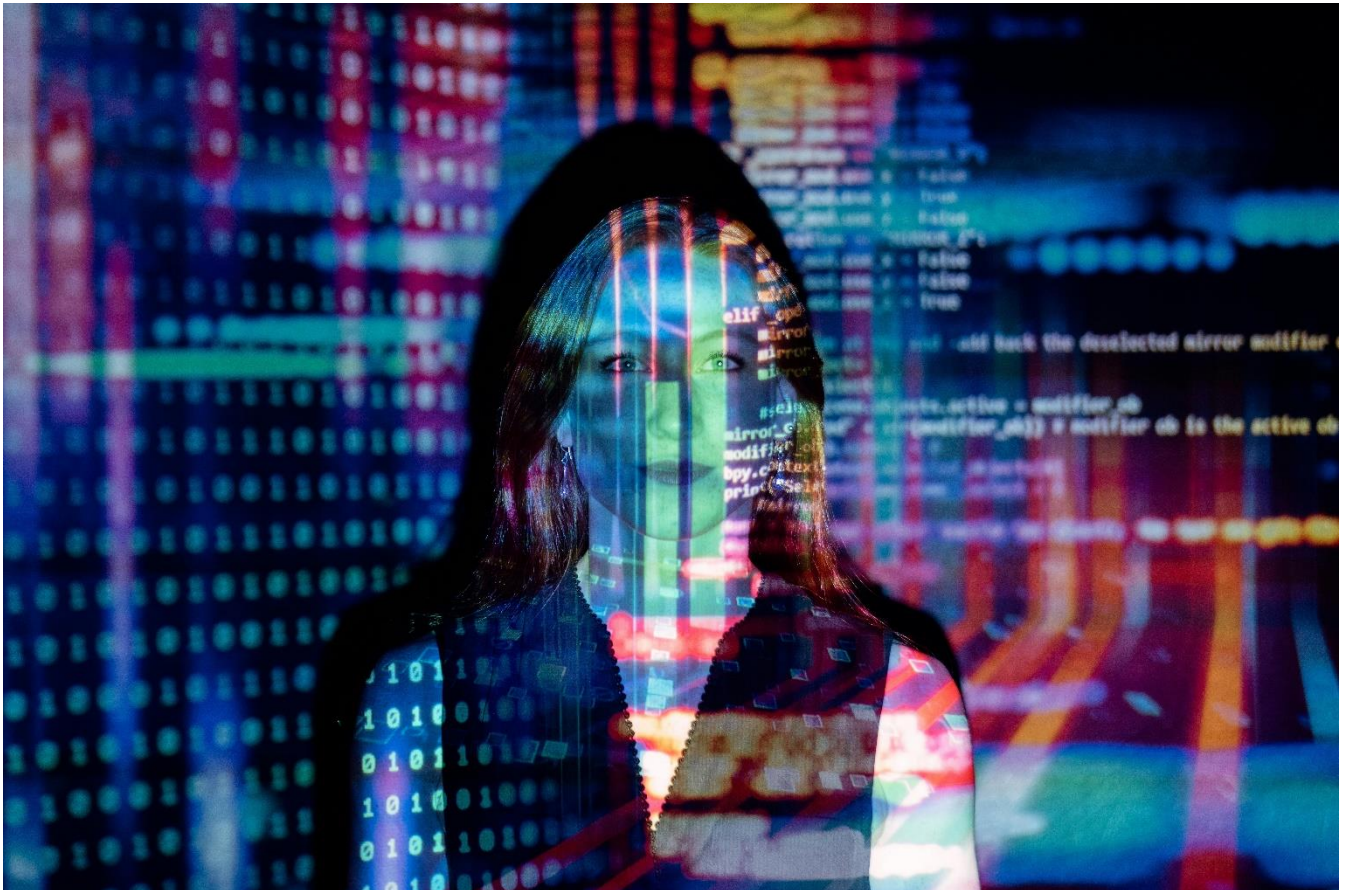
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TUM Graduate School
Technische Universität München



May 20, 2025

Transferable Skills Training Newsletter



Picture of a woman with code projected over her (Image: pexels.com)

Dear doctoral candidates,

Welcome again to another issue of our newsletter. This month, we bring you not only a fresh edition of [Know Your Trainer](#), but also a full list of diverse offerings planned to support you on your journey. We invite you to take a closer look at our workshops — designed to help you unlock the hidden versatility of your academic toolkit.

[TUM Graduate School](#) invites you to stay tuned for more updates, insights or interesting events for doctoral candidates by visiting our [website](#) and subscribing to our [TUM-GS Newsletter](#).

“Know your Trainer”

Frank Wendenberg

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

In my life, I have been particularly inspired by people who have an interdisciplinary, open and appreciative view of the world and society. As a psychologist, therapist, musician, producer and company owner, I have therefore dealt with very different topics and people. As a trainer, I want to bring these multifaceted experiences together and support others in finding their own path to a fulfilling life.

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

Looking beyond our own professional horizons enables us to better understand others and ourselves as part of a community. This ultimately enables us to see more meaning in our own actions. Communication and teamwork skills, emotional intelligence and interdisciplinary creativity are important building blocks of our multimodal society and contribute to an appreciative and respectful interaction in everyday working life.

What do you find most rewarding about being a trainer?

Many of my workshops are about visions of a world worth living in tomorrow and what my own contribution as a scientist can be. What can I do myself? What values do I want to live by? If I can help people answer these questions for themselves and find their own personal path to a meaningful, happy and successful life as part of a value-oriented community, that is the greatest reward for me.



(Image: Wendenberg)

“What’s new?”

Did you already watch our last “Skills Booster” about *Resilience*?

In our most recent **Skills Booster** episode, we discuss about *resilience during the doctorate* with psychologist and TUM-GS trainer Judith Bergner. She shares practical insights into the mental health challenges many doctoral candidates face—and how to build resilience to navigate them successfully. Whether you're just starting out or deep into your research, this episode is packed with valuable takeaways. Don't miss it! ☺



Skills Booster graphic
(Image: TUM-GS)

Watch now!

“Inside the courses”

Vortragstechnik *Soon! Book your spot now!*

Giving speeches, lectures or presentations in a way that is understood and persuasive is an art that can be learnt. Through theoretical and practical discussion of body language, speaking style, speech structure and the use of media, the participants of this workshop will be empowered to present themselves more confidently in the future. Emphasis is placed on individual authenticity and detailed feedback. Course objectives include non-verbal behaviour, voice and speaking style, dealing with stage fright, using visual aids, dealing with interjections and much more.



Image of a man presenting in front of a group.
(Image: pexels.com)

June 2 – 3, 2025

09:00 – 17:00 hours

Campus Garching | German

Register

R for Data Science

In this learning-by-doing course, the participants will be introduced to how to get started in R. In particular, the course will give a guide into the tidyverse, a collection of R packages designed for data science. After introducing each topic, the participants will work on hands-on exercises.



Picture of glasses in front of screens.
(Image: pexels.com)

June 17, 2025

10:00 – 15:00 hours

Campus Garching | English

June 18, 24, 25 | Online | English

Register

Produktive Gelassenheit *Soon! Book your spot now!*

Balancing productivity and inner calm during a doctorate can feel like a constant struggle. This workshop offers practical tools and mental strategies to help you stay focused, energised and resilient - without burning out. Not only will participants learn how to identify and manage stress, understand the brain's emotional and rational responses, and use mindfulness to stay grounded, but will also discover how to work smarter using the Pareto Principle, deep work, and focused intention, while mental exercises like visualisation help to stay aligned with their goals. This workshop is about finding the own personal path to sustainable productivity and calm, tailored to the unique journey.

June 16 – 17, 2025

09:00 – 17:00 hours

Campus Garching | German

Register



Picture a woman with a pensive look.
(Image: pexels.com)

Self-confidence and assertiveness: Strong in challenging situations

This seminar provides participants with a toolbox for convincing others with confidence on the one hand, and for responding to objections and personal attacks in a quick-witted and clever way on the other. The goal is to learn how to present yourself confidently and assert your justified concerns clearly, say "no" confidently and respectfully at the same time, deal constructively with stress and your emotions in challenging conversations, address and accept criticism with confidence, counter power and dominance strategies with ease, react quickly to objections and personal attacks and achieve your own goals while at the same time responding to the needs of your counterpart.

June 17 – 18, 2025

09:00 – 17:00 hours

Campus Garching | English

Register



Picture of a woman standing in a confident way..
(Image: pexels.com)

Courses open for booking



Personal Development

Mental Health und Achtsamkeit *Soon! Book your spot now!*

June 3, 2025 | Online | German

Impostor-Phänomen in der Wissenschaft *Soon! Book your spot now!*

June 4, 2025 | Online | German

Produktive Gelassenheit

June 16 – 17, 2025 | Campus Garching | German

Self-confidence and assertiveness: Strong in challenging situations

June 17 – 18, 2025 | Campus Garching | English

Stress release for the scientific minded

July 10, 17 and 24, 2025 | Online | English

The Powerful Voice

July 14, 2025 | Campus Garching | English



Communication & Collaboration

Unlock the Power of (Creative) Data Visualisation *Soon! Book your spot now!*

May 27 – 28, 2025 | Hybrid | English

Vortragstechnik *Soon! Book your spot now!*

June 2 – 3, 2025 | Campus Garching | German

Collaborative Negotiation *Soon! Book your spot now!*

June 5 – 6, 2025 | Campus Garching | English

Überzeugende Forschungsanträge schreiben

June 24 – 25, 2025 | Online | German

Schreibwerkstatt: Erfolgreich wissenschaftlich schreiben

June 25 – 26, 2025 | Campus Garching | German

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

Start: July 15, 2025 (See exact dates on DocGS) | Online | English

Presenting your Research in Conference Talks and Poster Sessions *Registration opens soon!*

July 17 – 18, 2025 | Campus Garching | English



Skills for Science & Beyond

[Introduction to Statistics in R](#)

June 6 and 13, 2025 | Online | English

[R for Data Science](#)

June 17, 18, 24 and 25, 2025 | Hybrid | English

[Introduction to Entrepreneurship](#)

June 24, 2025 | Campus Garching | English

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

July 4 and 18, 2025 | Online | German

[Neugier-Training für eine bessere Promotion](#)

July 8 – 9, 2025 | Campus Garching | German



Responsible Leadership

[Dein New Leadership Mindset](#)

June 25 – 26, 2025 | Online | German

[Fit for Leadership?!](#)

July 7 – 8, 2025 | Online | English

[Be a strong and authentic female leader](#)

July 15, 2025 | Online | English



Career Development

[Career Paths in Academia: \(Funding\) Opportunities for Postdocs](#)

May 26, 2025 | Online | English

[Mein Kompetenzprofil – Stärken identifizieren und gezielt einsetzen! \(Mit Einzelcoaching\)](#)

June 24, July 1 and 22, 2025 | Online | German

[How to get into the non-academic German job market](#)

July 7 – 8, 2025 | Online | English

[Wege aus der Wissenschaft *Registration opens soon!*](#)

July 16, 2025 | Online | German

Additional offers

[acatech am Dienstag: Technologische Souveränität stärken – das Beispiel Chipentwicklung \(acatech\)](#)

May 27, 2025 | Online | German

[How to plan your PhD \(Helmholtz Munich\)](#)

June 3, 2025 | Online | English

[Intensivkurs Literaturrecherche – Suchstrategien für Forschung und Promotion optimieren \(UB-TUM\)](#)

Schwerpunkt Medizin

June 4, 2025 | Online | German

[From Research to Innovation \(YES Falling Walls Foundation\)](#)

June 5, 2025 | Online | English

[Kompaktkurs Urheberrecht in der Lehre – Rechtskonformer Umgang mit geschützten Werken \(UB-TUM\)](#)

June 12, 2025 | Online | German

[Kompaktkurs Zitieren – Sicherer Umgang mit Quellen und Zitaten \(UB-TUM\)](#)

June 12, 2025 | München: Großer Besprechungsraum 2180 (Teilbibliothek Stammgelände) | German

[Literature Research Deep Dive – Optimizing Search Strategies for Research and Doctoral Studies \(UB-TUM\)](#)

Focus on Social Sciences & Technology

June 17, 2025 | Online | English

[Research Data Management Essentials – Sustainable Data Handling in Research \(UB-TUM\)](#)

June 23, 2025 | Online | English

[Storytelling \(YES Falling Walls Foundation\)](#)

Applications are open until June 26, 2025

June 27, 2025 | Online | English

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

SoSe 25 | Online and on-site | English

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

SoSe 25 | Online and on-site | English

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

SoSe 25 | Online | English

[Top-Talents-Track: Your next Step towards Entrepreneurship \(YES Falling Walls Foundation\)](#)

Applications are open until June 15, 2025

September – November 2025 | Hybrid | 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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