

# Raise your hand!

## How to Follow Your Way with Self-Confidence. A Workshop for Female Scientists.

<b>Date:</b>	Tuesday, June 19th, 2018, 9 am-5 pm Wednesday, June 20th, 2018, 9 am-5 pm
<b>Registration deadline:</b>	June 5th, 2018
<b>Room:</b>	will be announced via E-Mail
<b>Trainer:</b>	Antje Rach, Worte & Wandel – Coaching . Training . Kommunikation, Hamburg
<b>Course number:</b>	2018/14_GA
<b>Course language:</b>	English

In almost all areas of life, traditional gender roles are dissolving. However, it is mostly men having leading positions. So the question is: How can women have it all? How to attain a successful and sustainable career and a fulfilling life that includes a partnership and children, if desired?

In the workshop we will get to the bottom of these questions. We will analyse key success factors of successful women and scrutinize ourselves: Which of these factors do I already possess and what resources, competence or useful patterns of thought and behaviour may be needed or missing? And how can I implement them into my everyday (working) life? What roles do I occupy currently and where do I see myself in the future? What are my values, and what goals and priorities do I set?

Besides career planning the workshop focuses on strategies and exercises helping the participants to be effectively seen and heard: How do I appear and perform; compelling and confident? How do I make my mark and gain supporters? How do I pursue my way regardless of resistance and criticism?

This workshop is aimed at women who strive for a scientific career and want to follow their own way without adhering to traditional patterns.

### Content:

#### 1) Self-reflection and target setting

- My values, resources and beliefs
- My roles: clarifying and setting boundaries
- Personality and behaviour styles
- Career planning: my goals and priorities
- My behaviour and appearance: Male or female? Soft or assertive? How to build my authentic self.

#### 2) Being seen and heard: How to expand my range of power.

- Appearing and being confident and effective: using voice and body language to increase my presence

- Dealing with (gender) bias
- Developing conducive thought and behaviour patterns
- Leaving my comfort zone and establishing successful habits
- Networking, trust building & co: strategies to increase my effectiveness
- Dealing with criticism and resistance

The workshop tackles the subject with a mix of theory, training and a large number of self-reflection exercises.

You have to register via the website of the Graduate Academy. Once the Graduate Academy confirms the registration, it is binding. The invoice for the workshop fee (40, – Euro) will be sent to you by post and has to be paid no later than two weeks after the end of the workshop. The terms and conditions listed on the website are valid.