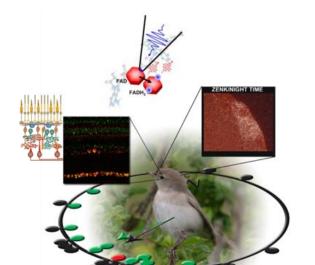


## Mentoring programme 2014-2015 for young researchers

## Kick-off Meeting 14<sup>th</sup> of October 2014









# Agenda

- Detailed information about the programme
- Meet the programme instructor and coach
- Information about the application procedure
- Time to ask questions



#### **Target group**

 Female and male doctorate students from the integrated Research Training Group of the CRC Roseobacter and SensoryBio

### Organisers

 Mentoring programme is organised by the coordinator of both Research Training Groups: Dr. Ferdinand Esser & Dr. Beate Grünberg



## **Programme instructor**

Nadja Plothe, Bremen, Trainer and coach <a href="http://www.nadja-plothe.de/">http://www.nadja-plothe.de/</a>

## What is a mentoring?





### What is a mentoring?

- An older and experienced mentor shares knowledge with you and supports you in finding your personal career
- The mentor is like a wise person, who you can ask all about the profession and career you like to reach

### Concept

- Young researchers actively address their career options
- Methods for career development
- Networking strategies

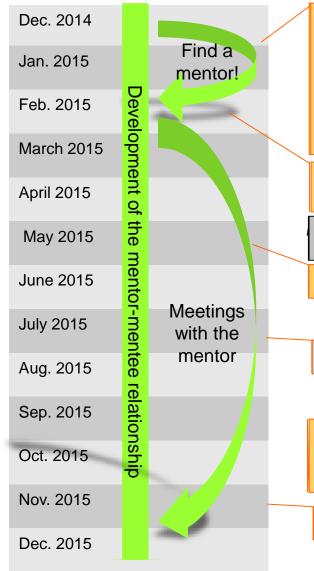


# Mentoring – time and effort

- Mentor-Mentee relationship:
  - finding a mentor
  - monthly meetings with the mentor (~ 2 hours)
  - two group Workshops (1,5 days)
  - two half-day Meetings
- If wanted: further thematical workshops
- 2 optional evening talks (2 hours)
- Individual **coaching** (1 hour) after the programme

... and even 6 Credit points





#### Kick-off –Workshop: What are my job-related dreams and which mentor could help me reaching this aim? Methods and strategies of finding the personal career

direction and then finding the perfect mentor **4.+ 5. December 2014**, Alter Landtag, OL, N. Plothe

#### **1st Meeting: Mentoring relationship** 5. February 2015

Workshop: Career strategies and development for young researchers in science and enterprises; Career Day 2015

Half year Meeting 13. May 2015, 9.00 -12:30h

#### Talk: University careers

Workshop: Communication, presentation and conflict resolution

#### **Talk: Science management**

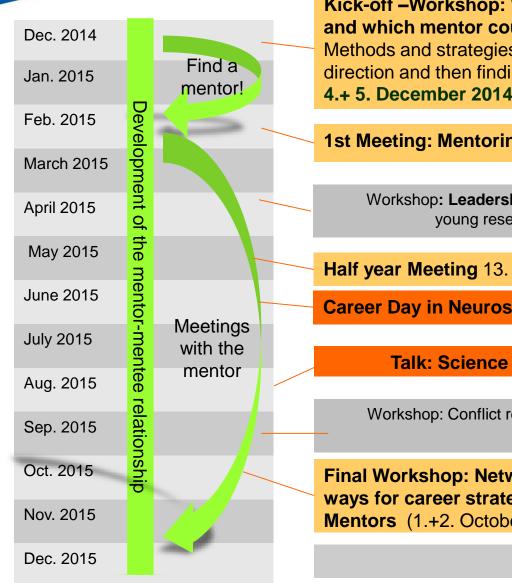
Final Workshop: Networking strategies and creative ways for career strategies – Closing symposium with Mentors 1.+2. October, 2015

Individual Coaching (1hour)

#### Mentoring 2014/15







Kick-off –Workshop: What are my job-related dreams and which mentor could help me reaching this aim? Methods and strategies of finding the personal career direction and then finding the perfect mentor 4.+ 5. December 2014, Alter Landtag, OL, N. Plothe

1st Meeting: Mentoring relationship 5. February 2015

Workshop: Leadership skills and management competences for young researchers in science and enterprises (planned)

Half year Meeting 13. May 2015, 9.30 -13:00

Career Day in Neuroscience 19.06.2015

Talk: Science management (planned: 17:00-19:00)

Workshop: Conflict resolution / Communication / self presentation (planned)

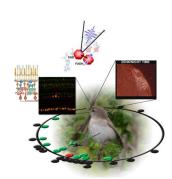
**Final Workshop: Networking strategies and creative** ways for career strategies - Closing symposium with Mentors (1.+2. October, 2015, 9:30-17:00)

**Individual Coaching** (1hour)



# Application

- Motivation letter and CV
- Sent the application to the coordinator
- Deadline: 30<sup>th</sup> of October 2014





#### Ferdinand Esser & Beate Grünberg

Coordinator Research Training Group SFB TRR-51 "Roseobacter" SensoryBio

Email: ferdinand.esser@uni-oldenburg.de or beate.gruenberg@uni-oldenburg.de