Mentoring programme for young female researchers 2018 – 2019
2018-2019
Mentoring for young female researchers

Target group
• female doctorate students from OLTECH
• Young post docs from faculty V

Organisers
• The programme is organised by the Graduate School Science, Medicine & Technology (OLTECH)
• Programme instructor: Nadja Plothe, Bremen
  Trainer and coach
  http://www.nadja-plothe.de/
Concept

• young researchers actively address their career options in Science, Enterprises or other career fields outside Academia
• and learn methods for career development and networking strategies

Mentors

• An experienced mentor shares knowledge with you and supports you in finding your personal career.
• The mentor is like a wise person, who you could ask all about the profession and career you like to reach.
• The mentor could open you the access to relevant networks.
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Structure

• **Mentor-Mentee relationship:**
  - finding a mentor
  - regularly meetings with the mentor (~ 2 hours)
  - two group meetings (0.5 days)
  - individual guidance

• one thematical **workshop** (2 days)

• optional evening **talks** (2 hours)

• Individual **coaching** (1 hour) to find a mentor or after the programme
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Next Run

- November 2018 to October 2019

- The meetings and workshops will be offered in English, if international mentees are in the programme.

- For doctorate students of OTECH the mentoring programme will be credited with 6 CP in olt164.
OLTECH Mentoring 2018-2019

Kick-off! Workshop
Methods and strategies of finding the personal career direction and then finding the perfect mentor
1./2. November 2018, Nadja Plothe

Individual Coaching, 1 hour - Nadja Plothe

Group Meeting of all mentees
22. January 2019 (1/2 day), Nadja Plothe

Talk: International mobility in research (2 hours)

Halfway meeting of the mentees
7. May 2019, Nadja Plothe

Workshop
Communication, conflict resolution, leadership skills
12.-13. June 2019, Britta Naumann

Talk: t.b.d (2 hours)

Final Workshop: Networking and individual Carreer strategies
Official closing for Mentees and Mentors
23. October 2019, Nadia Plothe
Application

• Download the application form
  www.oltech.org → Mentoring
  http://www.uni-oldenburg.de/en/graduates/oltech/mentoring/

• Fill in the form, add CV and motivation letter
• Sent the application to the graduate school OLTECH

• Deadline: September 1st 2018

Any questions? Please contact us!
Graduate School Science, Medicine & Technology (OLTECH)

Dr. Klaudia Hettwer
oltech@uni-oldenburg.de
☎ 0441 - 798 3648
Room: W03-1-138
(Tuesday, Wednesday, Thursday)
www.oltech.org