

PRBB Intervals Course Proposal

Course Title:

So what's next? Managing change and challenges in your scientific career

Proposed date(s): 23rd Feb 2021

Course Language: English

Course Leader(s) and very brief summary of relevant qualifications and experience (no more than 2 lines for each trainer):

Marie Trussart

As a certified career coach from the IECL and a former PhD student of the CRG, Marie founded Kintsugi Coaching (<http://kintsugicoach.org/>) to help others through coaching sessions to uncover their limiting beliefs, hidden strengths and aspirations and guide them through their process to reach their full potential at work.

Rationale for course (why is this course of interest for the PRBB staff?)

This course objective is to empower researchers by developing strategic thinking abilities to provide solutions focusing on their career advancement and strategies to grow and thrive.

Course aim – genera

Coaching is a structure conversation with questions to identify aspirations, strengths and challenges and guide a person towards reaching their potential and achieving their goals. This coaching workshop is designed to help participants identify their challenges through a process of guided self-reflection, and to develop essential skills and tools to navigate barriers surrounding career advancement.

Specific learning outcomes (what new skills, knowledge &/or attitudes will participants to take away from the course?)

Career action plan

Course contents (outline of topics to be covered)

Identify current challenges you are facing in your academic career with key objectives:

- Embracing change and challenges
- Restorative strategies, emotions and behaviours
- Goal setting, time management and habits

Training methods

Interactive workshop

Target group in PRBB (Senior scientists, postdocs, predocs, management/admin staff, all residents)

PhDs and postdocs.

Number of participants (maximum) 40

Total course hours (Please specify: direct training with instructor present and required self-study)

Note: only the direct training hours will be included in the post-course certificate.

Number of hours of class time: 2h

Number of hours of self-study:

Total number of course hours: 2h

Distribution of course (hours/days) 2h

Pre-course preparation and/or between sessions?

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Material participants need to bring (laptops, etc...)

Quiet private space for reflection, paper and pen

Relevant background reading/ audiovisual/websites or other materials

- ***Webpage:*** <http://kintsugicoach.org>
- ***Twitter:*** <https://twitter.com/Kintsugicoach>
- ***Facebook:*** <https://www.facebook.com/kintsugicoach>
- ***Email:*** kintsugicoach@gmail.com