



Workshop for mentees of the Rowena-Morse-Mentoring-Programme

Time and Self-Management

30 January 2024, 09:00–15:30, online

Coach: Dr. Matthias Zach

Academia is a fascinating field with high pressures and demands. Therefore, one of the key challenges, but also one of the biggest learning opportunities for early career researchers and scientists consists in fine-tuning your time and self-management skills. This workshop offers an overview of the relevant strategies and methods as well as an opportunity for reflection and exchange.

Topics covered include

- Setting and implementing goals
- Planning a research project (project phases, milestones etc.)
- Structuring your daily and weekly schedules
- How to reconcile research, teaching etc. with your private life
- How to keep up, and how to regain, motivation

In addition, there is room for your specific challenges and questions.

Participation

The workshop is offered and funded by the Thüringer Kompetenznetzwerk Gleichstellung as part of the Rowena-Morse-Mentoring-Programme.

Registration

Binding registration until 05 January 2024

Thüringer Kompetenznetzwerk Gleichstellung
email: kontakt@tkg-info.de

Please note: If you have to cancel your participation after registering, please send us an early cancellation email for organisational reasons. The number of participants in the workshop is limited and places may be allocated elsewhere.