**Workshops in 2020**

**Self-Care, Resilience, and Life Balance for Women in Research**
Trainer: Dr. Síofra McSherry  
*scienza - Coaching für Forschende* ([www.scienza-berlin.de](http://www.scienza-berlin.de))

This workshop looks at ways to reconcile a large workload, financial or family pressures and explores techniques for managing stress and building resilience. We will explore the personal and professional expectations faced by the participants, consider their individual situations, and identify ways to effectively prioritize tasks, practice consistent self-care, and establish a more fulfilling work-life balance.

Through trainer input, guided self-reflection, and discussion, participants will begin to formulate steps towards a more productive consolidation of their personal and professional goals and set manageable self-care objectives. Through role-play, participants will learn techniques to negotiate working conditions that better meet their needs.

*4 half-days in July 1., 2., 8. and 9. – mornings or afternoons*

**Self-marketing in science**
Dr. Sabine Blackmore  
*Blackmore Coaching* ([https://blackmore-coaching.de/](https://blackmore-coaching.de/))

Self-confident appearance and visibility are important prerequisites for a successful career path within and outside the academic field. Especially for women*, however, self-confident appearance and explicitly talking about one’s own strengths and potentials is in contradiction with subtle gender stereotypes, which still often prevail in the professional world.

In this workshop we will focus on your strengths and potentials, your short profile and the question of how you can make these visible in accordance with your personality. The role of gender is always considered as a cross-cutting issue and opens up the possibility of looking at structures and your own role in a new way.

Main topics: Self-reflection on your strengths & potentials, self-presentation, 101 of academic small talk, networking and gender in science.

*1,5 days in September (15./16. or 21./22.)*

**Performing under Pressure. Lessons from the theatre for the successful academic professional.**
Francesca Carlin  
*www.francescacarlin.com*

Women are faced with a unique set of circumstances; we are often given a role that we perform in our personal and professional lives that we are not even aware of, and this role may affect the way we see and assess ourselves. Research has shown that, although both sexes suffer from imposter syndrome, women are more likely than men to be adversely affected by it.

Using unique techniques and exercises from the theatre, this workshop offers participants a chance to explore, define and redefine their role in their professional life and to learn new ways to become “pressure proof” in presentations and other stressful situations by turning stress and pressure into energy and motivation.

*2 days in October: (8./9. or 22./23.)*

*Do you have any questions, suggestions or criticism regarding our offer? Which further educational workshops and seminars would you like us to organize for you? We are always happy to receive your feedback at* [pooling@cg.uni-stuttgart.de](mailto:pooling@cg.uni-stuttgart.de)