

## Career Building - Stock Taking & Goal Setting

with [Dr. Silke Oehrlein-Karpi](#)

Instruction Language: English

**Date:** 22 and 23 September 2016

22 September (Thursday): 09:00 – 17:00

23 September (Friday): 09:00 – 17:00

**Location:** [Campus OVGU](#), [IBZ \(Building 32\)](#), [Conference Room](#)

### Workshop Content

In this workshop, you will get relevant information about strategic career development. You will work on specifying your personal career goals - either inside or outside the world of academia - finding out about your personal strengths and skills and learning how to use them to achieve these goals. A thorough, accurate assessment of your own potential will enable you to proceed on your path in a goal-oriented manner and assist you in coherent and accurate decision-making and in the effective exploitation of your specific, individual potential.

### Workshop Goals

- Identification of biographical key moments related to your career
- Compilation of your individual skill profile (professional, methodological, social and personal) and of your personal value profile
- Discussion of structural barriers and compatibility challenges in academia
- Identification of career alternatives to a professorship, such as scientific management and professional fields outside of science
- Reviewing the high relevance of self-marketing and networking for career success
- SMART career goal formulation

### Methods & Approaches

- Creation of an individual life profile
- Short, informative theoretical input concerning the contents outlined above
- Group coaching & one-on-one coaching elements
- Transferring theory into practice by reflection on your own behaviour
- Receiving ideas and feedback vis-à-vis building your career
- Interactive exchange

### Facilitator and Coach

Dr. Silke Oehrlein-Karpi has been working as a coach and a trainer for scientists since 2008. Before becoming a coach, she led a project group for the Collaborative Research Centre 490 in Mainz. During those 10 years she worked as a biologist in the field of medical basic research and gained a lot of experience in setting up and successfully leading scientific projects. In terms of her current work, she uses her “insider knowledge” from her time in academia combined with her resource-oriented and diversity-related coaching perspective on individuals. She is a member of the [Coachingnetz Wissenschaft e.V.](#) Her group coaching workshops inspire, motivate and empower the participants in order to improve their self-efficacy regarding upcoming work situations and projects.

