



# GROW YOUR CAREER!

## Career Planning Intensive Course

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### CONTENT

The majority of people with a PhD does not stay in academia, but pursues careers in a variety of fields. There are many different career paths open to young scientists. However, it is often difficult for them to decide which path to take, or there is a lack of clarity about the requirements for a particular path. Young scientists often start their career planning by looking at job advertisements. But career planning is much more than that!

In this seminar we actively explore the various facets of career planning: Participants examine their goals, values, and interests, analyze their skills, and discover interesting career options within and outside of academia. They learn how to explore career options and expand their professional network. At the end of the course, participants create their own career development plan.

### GOALS

Course participants

- have a better understanding of their life and career goals.
- have analyzed their skills and competencies.
- are aware of career options within and outside academia.
- have designed their individual career development plan.
- actively engage in career planning.

### FORMAT

- ONLINE: 4 webinars of 1 – 1,5 hours each over a period of 4 weeks. Preparatory and follow-up self-study on the Career Academy online course platform and group assignments between webinars. Collaborative work on Miro.

Maximum of 12 participants. The Career Academy online course platform contains worksheets, information and videos. The forum function allows participants to exchange ideas and ask questions. Support from the course instructor between webinar dates. Active participation of the course participants during the self-study time is required.

Individual follow-up career coaching sessions or job application checks are optionally available afterwards.

### METHODS

Pre-course survey: Course content will be tailored to participants questions & needs;  
Online Course: Short lectures (pre-recorded), self-study & self-learning components: introspection / individual work with coaching exercises, group assignments & collaborative work, instructions for research / networking online;  
Webinars: Expert input / feedback from the lecturer, group discussions;



Grow your Career!

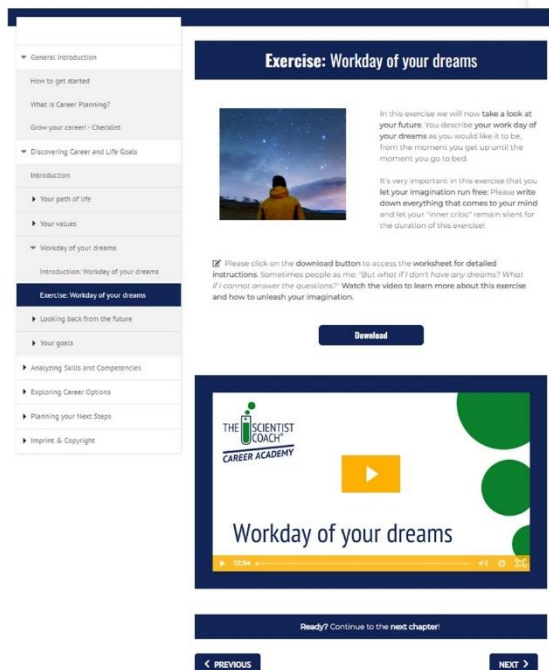
**Course Instructor: Dr. Iris Köhler**

**COURSE INSTRUCTOR**

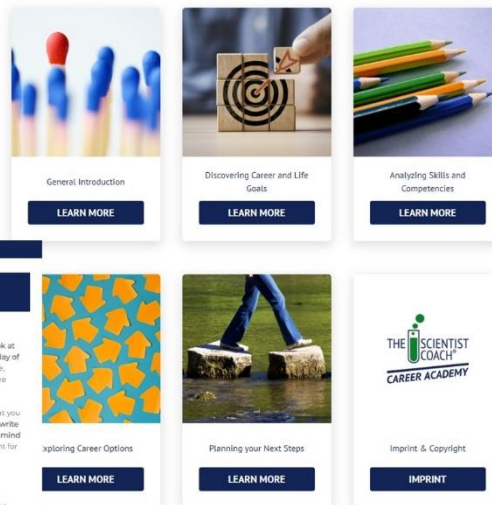
Dr. Iris Köhler is a certified career coach, trainer and experienced scientist. She studied agricultural sciences at the Technical University of Munich and received her doctorate there in 2013. After a postdoctoral stay in the USA and working as coordinator of the graduate school at the Helmholtz Center for Environmental Research in Leipzig, she founded her own company “The Scientist Coach” in 2019. She knows the challenges that young scientists face in career planning and enjoys helping them to develop their own career path - inside or outside academia. Iris has conducted over 100 courses with over 1400 participants and over 300 individual consultations/coaching sessions (as of December 2023).

**ONLINE PLATFORM**

Course participants get access to the Career Academy Online Course Platform for guided self-study between the webinars and after the course.



**COURSE CONTENT**



5 chapters filled with information, videos & exercises to grow your career. Course participants can interact with each other via an online forum.