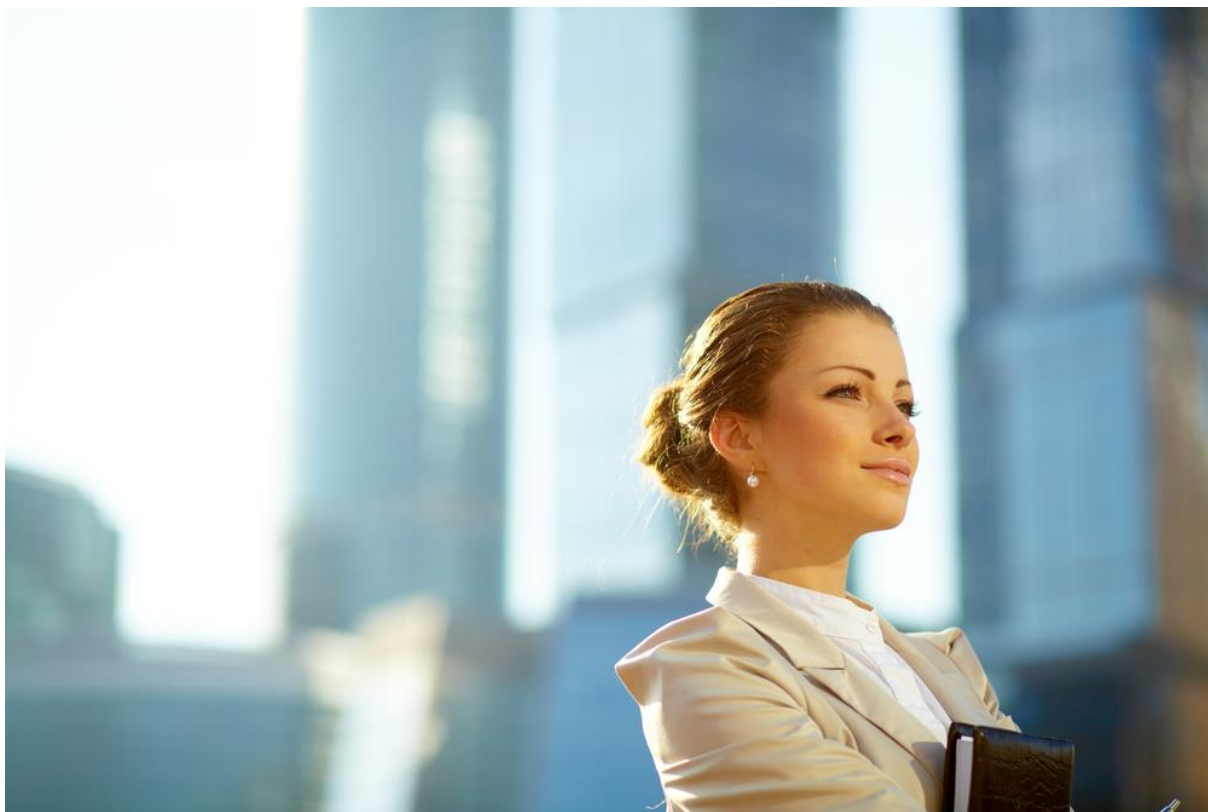


Women & career

Duration:	1-2 days
Course type:	50% theory, 50% practical examples
Trainers:	Karin Bodewits (optionally + Philipp Gramlich)
Number of participants:	Max. 12

This seminar is for female-only audiences



Since a few decades the rights of women and in particular of working women have changed dramatically. But does this also translate into a world full of possibilities or are we still stuck in the process of climbing the various ladders under the glass roof? This seminar will give you guidance on how to navigate your life as a working female scientist.

<p>(Family-friendly) work environments</p> <ul style="list-style-type: none"> - University or industry... or somewhere else? - Working cultures in Europe 	<p>Getting a job</p> <ul style="list-style-type: none"> - The importance of networking, collaborating and presenting your research - Your application - How to prepare yourself - Dress code - The job interview - Salary negotiations and gender wage gap - Legal aspects
<p>In the job</p> <ul style="list-style-type: none"> - You made it! What to expect - Have a good start - Where is my seat? Gender-specific behaviour - Leadership as a woman - Hormones: legal highs for women? - Setting targets - Work-life balance 	<p>Mothers at work and in our society</p> <ul style="list-style-type: none"> - Dead-end street motherhood? Is there the perfect time to have children? - Social pressures and norms - Practicalities: nursery places and more - Double career couples - Legal aspects - Political framework - What about my partner? - Communication towards employer
<p>Work-life balance</p> <p>Taking care of your job, yourself and your family- how to get it all done?</p>	<p>Internal and external factors</p> <p>How you and others see yourself and how this can make you stronger or weaker</p>