

Women & career

Topic area:	Career development
Format:	Online or in-house workshop
Workload:	4 webinars of 2.5 h each = 2 workshop days
Trainer:	Karin Bodewits, Philipp Gramlich or Lisa Steinhauser
Target group:	PhD students and postdocs



Over the past few decades, the rights of women, in particular 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 workshop will give you guidance on how to navigate your life as a working female scientist.

(Family-friendly) work environments - University or industry... or somewhere else? - Working cultures in Europe - Double career couples	Getting a job - The importance of networking, collaborating and presenting your research - Your job application - How to prepare yourself - The job interview - Salary negotiations and gender wage gap - Legal aspects
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In the job - You made it! What to expect - Have a good start - Where is my seat? - Leadership - Setting targets	Mothers at work and in our society - Dead-end street motherhood? Is there the perfect time to have children? - Social pressures and norms - Practicalities: nursery places and more - Legal aspects - Political framework - Communication towards your employer
Work-life balance Taking care of your job, yourself and your family- how to get it all done?	Internal and external factors How you and others see yourself and how this can make you stronger or weaker

Course flow online workshops

Day 1	Day 2	Day 3	Day 4	Weeks 2-3
Live webinar - Strategy and introspection - Family and career	Live webinar - Career options - Skill development - Family-friendly work environments	Live webinar - Application documents - Stereotypes, legal aspects, dual career	Live webinar - Job interviews - Salary negotiations	Individual and group course work (online and offline)
Self-paced work on our learning platform	Self-paced work on our learning platform	Self-paced work on our learning platform	Self-paced work on our learning platform	Feedback from the course instructor