

Women & career

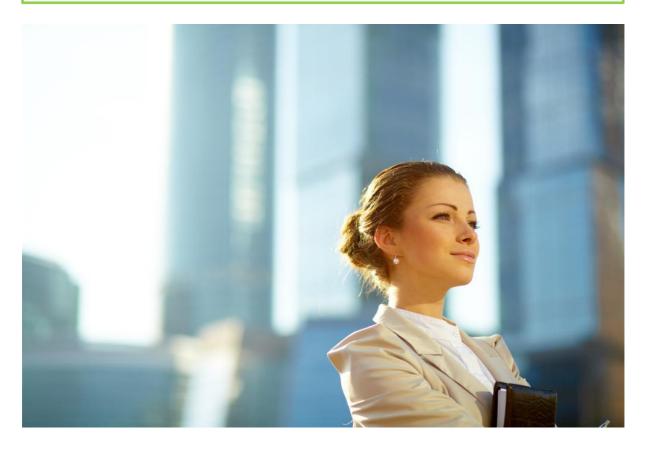
Topic area: Career development

Format: Online or in-house workshop

Workload: 4 webinars of 2-2.5 h each = 2 workshop days

Trainer: Karin Bodewits, Philipp Gramlich or Lisa Steinhauser

Target group: PhD students and postdocs



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.



(Family-friendly) work environments	Getting a job
 University or industry or somewhere else? Working cultures in Europe Double career couples	 The importance of networking, collaborating and presenting your research Your application How to prepare yourself The job interview Salary negotiations and gender wage gap Legal aspects
In the job	Mothers at work and in our society
 You made it! What to expect Have a good start Where is my seat? Leadership Setting targets 	 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	Internal and external factors
Taking care of your job, yourself and your family- how to get it all done?	How you and others see yourself and how this can make you stronger or weaker