

## Women & career

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

*This seminar is for female-only audiences.*



Since a few decades the rights of women and working women in particular 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.

- *All ATP-XX seminars can be given in German or English.*
- *All ATP-XX seminars will be fully customised to the wishes and needs of the particular customer.*

<p><b>(Family-friendly) work environments</b></p> <p>University or industry... or somewhere else?</p>	<p><b>Getting a job</b></p> <ul style="list-style-type: none"> <li>- The importance of networking, collaborating and presenting your research</li> <li>- Your application</li> <li>- How to prepare yourself</li> <li>- Dress code</li> <li>- The job interview</li> <li>- Salary negotiations</li> <li>- Legal aspects</li> </ul>
<p><b>In the job</b></p> <ul style="list-style-type: none"> <li>- You made it! What to expect</li> <li>- Have a good start</li> <li>- Where is my seat? Gender-specific behaviour</li> <li>- Leadership as a woman</li> <li>- Hormones: legal highs for women?</li> <li>- Setting targets</li> <li>- Work-life balance</li> </ul>	<p><b>Mothers at work and in our society</b></p> <ul style="list-style-type: none"> <li>- Dead-end street motherhood? Is there the perfect time to have children?</li> <li>- Social pressures and norms: Rabenmutter.... a German term without translation!</li> <li>- Practicalities: nursery places and more</li> <li>- Double career couples</li> <li>- Legal aspects</li> <li>- Political framework in Germany and beyond</li> </ul>
<p><b>Work-life balance</b></p> <p>Taking care of your job, yourself and your family- how to get it all done?</p>	<p><b>Internal and external factors</b></p> <p>How you and others see yourself and how this can make you stronger or weaker</p>

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