

Women & career

Duration:	2 days
Course type:	In-house seminar. Optionally with blended learning units
Trainer:	Karin Bodewits or Philipp Gramlich or Lisa Steinhauser
Target group:	PhD students and postdocs
Number of participants:	Max. 12



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 - Double career couples 	<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 - 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? - Leadership - Setting targets 	<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 - Legal aspects - Political framework - Communication towards your 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>