

## Self-presentation and networking

<b>Duration:</b>	Equivalent of 1.5-2 workshop days, spread over two weeks. This course includes four live webinar sessions
<b>Trainers:</b>	Peter Kronenberg or Karin Bodewits
<b>Target group:</b>	PhD students and postdocs



Do you find yourself at conferences drinking coffee alone? Do you seem to miss every chance to network? Or do you have the feeling you can't keep the conversation going or can't even start it in the first place? No matter if you answer one of those questions with a clear "yes" or you simply have the feeling that you could perfect your self-presentation skills, then this seminar might be just right for you! From the first impression you leave, the conversation that follows to a friendly follow-up on- and offline — all of this will be covered during this seminar.

This is an interactive webinar with a lot of exercises and real-life examples. There is a special emphasis on communication, networking and media usage. The participants will be asked to prepare and debrief each session, submit written and recorded work to the trainer and also provide peer-to-peer feedback to other participants.

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**In this workshop you will ...**

- Get tips and tricks for expanding and keeping your network
- Improve your self-presentation appearance
- Design your personal pitch for job interviews, trade and career fairs, conferences and meetings
- Learn about body language and the importance of a professional first impression
- Get input on professional media usage for your career as a scientist

**Course flow**

Session 1	Session 2	Session 3	Session 4
	Individual course work (online)	Individual course work (online)	Individual course work (online)
Live webinar: Basics of networking, small-talk, first impression and body language	Live webinar: Strategic networking	Live webinar: At a conference, self-introduction/pitching	Live webinar: Navigating social media