

Self-presentation, small talk and networking for female scientists

Duration:	1 day
Course type:	20% theory, 80% practical examples
Trainer:	Karin Bodewits and Peter Kronenberg
Number of participants:	Max. 12

Do you find yourself at conferences drinking coffee alone or only with your own colleagues? 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 successful or friendly follow-up... we will cover it during this seminar.

<p>Networking</p> <ul style="list-style-type: none"> - Tips & tricks - Expanding your network - Keeping your network - Networking for introverts 	<p>Small talk</p> <ul style="list-style-type: none"> - Starting conversations, keeping them going and finding your exit - Small talk at conferences & meetings
<p>Self-presentation</p> <ul style="list-style-type: none"> - You are a brand! Self-marketing - Your own behaviour at work - The message you should (not) bring across for success - Dress for success 	<p>Your personal pitch for:</p> <ul style="list-style-type: none"> - Job interview - Trade- and job fairs - Conferences and meetings - After work

Body language

- Clear communication without words
- The first impression

This is an interactive course with role-playing, exercises and real-life examples. There is a special emphasis on communication, networking and body language and how to make your colleagues and superiors aware of your qualities.

Networking, self-marketing and social media

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Do you seem to miss every chance to network? Do you have the feeling you can't keep your network 'active'? Or, do you not know how to publicise your work and yourself online? No matter if you answer one of those questions with a clear "yes" or you simply have the feeling that you could perfect your networking skills, then this seminar might be just right for you!

<p>Networking</p> <ul style="list-style-type: none"> - Tips & tricks - Expanding your network - Keeping your network - Networking for introverts 	<p>Social media</p> <ul style="list-style-type: none"> - Online self-marketing - Publicising your research - Your social media profile - LinkedIn, Twitter, ResearchGate and Co.
<p>Self-presentation</p> <ul style="list-style-type: none"> - You are a brand! - Profiling - Your own behaviour at work - The message you should (not) bring across for success 	<p>Your personal pitch for:</p> <ul style="list-style-type: none"> - Conferences and meetings

This is an interactive course with role-playing, exercises and real-life examples. There is a special emphasis on communication, networking and social media and how to make 'the outside world' aware of your qualities.

