

**Workshop for the participants of the online event series "Research in Europe"
(RiE) on November 25th and 26th, 2021:**

Since over 100 people are interested in my online workshop:

*Finding My Own Way Purposefully - in the Professional/Academic Fields:
Orientation, Prioritization and Motivation - Beyond Self-Optimization*

and the number of participants is limited to 50, I have decided, after consulting the organizers from KIT and FOR, to offer you two more online workshops with this content:

On Thursday, December 2nd, 2021, 4:00 p.m. - 5:30 p.m. in English
and
on Friday, December 3rd, 2021, 11.00 a.m. - 12.30 p.m. in German.

The cost of participation is € 15. Please register until November 30th, 2021 via email rneubauer@hotmail.de or ruth-petzoldt@guide-rail.de. You will get an answer and confirmation from me within 24 hours.

Please pay via PayPal: Simply via the link: paypal.me/guiderrail

As soon as I have received the amount, you are registered and I'll send you the zoom link the day before. Please contact me again by email if you have not received a message from me.

The aim of my workshop is to present strategies for self-reflection and self-organization. These are tried out in small groups and discussed together: How do I orient myself in everyday life? How can I handle the multitude of tasks that I have to master as a postdoc and individually, for example with my research projects, as a team member in a research group and in a sandwich situation as an employee, and not least as a social being with private goals and interests. How can I set and enforce priorities?

In addition to classic organizational principles, the focus is on defining individual goals, organizing support and following your own path between Flow & Grit over a long period of time: How do I motivate myself and persevere!

In addition to compact information, exercises and practical examples are provided. Methods: Input / impulse presentations, small group work with presentation and discussion

If you would like an individual coaching meeting to shape your academic career in a targeted manner, please contact me and we will discuss the general conditions and options.

I am looking forward to the workshop with you!



Workshop: *Finding My Own Way Purposefully*

www.guide-rail.de