Career-related individual consulting aims at helping people to better fulfill their current professional responsibilities or prepare for new ones. Topics may include, for example:

- My career goal, my vision
- Strategic career planning
- Recognizing strengths, values, and motivation
- Seeing your own potential and developing your skills
- Determination of the professional situation
- Time planning (of measures)
- Dealing with work-related challenges
- Application and self-marketing

In order to enable optimal benefit from the 25-minute consulting, participants are asked to fill out a preparation sheet regarding their question and send it by September 16, 2021 directly to Dr. Martina van de Sand (mail@vandesand-consulting.de). Please narrow down your consulting concern as concretely as possible. It can also be clarified whether and which further consulting would be useful. Every request will be treated confidentially.

**Dr. Martina van de Sand** is an expert for personnel, organization, and strategy in science. As a coach, mediator, and trainer, she supports scientists at all stages of their careers, from doctoral researchers to institute directors. She advises individuals, institutes, and scientific institutions on the development of their own profile, the allocation of resources, and the acquisition of third-party funding, as well as on strategic orientation.
Karriereforum

Time:
11.00 – 12.15 h
13.15 – 14.30 h
15.00 – 16.15 h