

Workshop: Make convincing communication your strategy

Date:	Tue, 10 September & Wed, 11 September 2024, each day 09:00–13:00 h
Location:	virtual via Zoom
Target group:	Postdocs of all research fields of the UA Ruhr universities (max. 12 participants)
Trainer:	Kathrin Keune
Registration deadline:	27 August 2024

» Please register at: <https://eveeno.com/171592931>

Description

During this workshop, you will shed light on the power of communication: As you enter a role which demands responsibility, initiative and more and more independence in your research tasks, communication can be an effective tool to reach your (career) goals. The workshop will focus on different situations and communication partners and will consider power structures, roles and responsibilities.

You will work on

- how to communicate successfully with others
- how to step in for your goals and negotiate appropriately
- how to use communication effectively to manage yourself and your responsibilities.

The workshop will be divided into three parts:

1. Reflection on your own role as a postdoc and the responsibility that comes with it:
Why defining communication aims and demands? How to position yourself and set goals? How to initiate communication and take over responsibility to ensure a successful flow of communication when this is important for you? How to circulate information to stimulate cooperation and working together with others?
2. The power of negotiation:
How to negotiate effectively and properly? How to take a position and create own goals? Which negotiating strategies and tools might serve your interests? How to negotiate well?
3. Using communication to manage yourself and your responsibilities:
How to use communication to organise yourself within your work group? How to communicate own ideas? When and why speaking up? How to communicate in critical situations? How to give and gain feedback? How to say “no” and make own suggestions?

Every part entails both, the reflection of each individual participant's current situation, their abilities, potential and also challenges as well as the practice of tools that cause a good outcome. This very hands-on workshop aims at providing a practical perspective and solution-finding, working with the current situation of each participant.

Trainer

Kathrin Keune, consultant and coach, holds a Master's degree in Expressive Arts Therapy, Coaching and Education and earned a B.A. in Psychology. She works for many years as a professional coach for scientists of all career levels. She earned experience in research as a lab manager in a San Diego based medical research laboratory throughout her 6 year stay in Southern California, USA. Kathrin offers for many years trainings on scientific presentation, communication and career advancement and supports researchers by individual coaching.