

Karriereförderung

KSOP

14.-15.02.2023

Benefits

- You start to craft your career based on your passion
- Give you the chance to reflect about your strengths and what you would like to develop
- Opportunity to improve your self-presentation
- You learn how to tailor your application to a job advertisement
- How to train self-confidence to be prepared for stressful situations

Notes on Timings

1. All timings are approximate, as we will be working in a process-oriented manner. The time spent on a topic will expand or shrink to meet the needs of the course participants
2. We start at 09:00 each day and work until approximately 17:00 on Day 1 and until 13.00 on Day 2

Schedule	Topic	Purpose
1st Day		
09:00	Welcome, Sociometry, Workshop Wish-list	Give you time "to arrive" at the workshop and introduce the topics for the course. Open the "Parking Lot" for your questions and issues.
09:45	IKIGAI part 1	The Japanese concept of Ikigai helps you find your purpose by considering your passions, gifts, and possibilities. Through a series of steps, you will discover what is important to you as well as how you can use that knowledge professionally.
10:30	Coffee Break	
10:45	IKIGAI part 2	
12:15	Lunch Break	
13:15	Career Options	Brainstorm the possibilities for careers outside of academia and get started on thinking which of your skills are of advantage for and can be transferred to different career options.
13:45	How to read a job advertisement	What does the potential future employer look for with respect to function, experience and character?

14:30	Role Atom	This tool is based on J. L. Moreno's Role Theory and helps you to analyse the different roles you play in your current position. The tool also gets you started on thinking about your roles in your future job. You analyse your roles with respect to the level of comfort and importance. This helps you to identify your strengths and to work on a plan to develop yourself in the roles that will be important for your new job/position.
15:45	Coffee Break	
16:00	Your CV: Tell a story	Let your CV come alive by telling a story about the choices and decisions you have made so far and your motivation that underlies all of these.
17:00	End of day 1	
2 nd Day		
09:00	Tailor your CV to the job advertisement	Instead of using buzz words in your motivation letter, bring examples that are self-explanatory and make your application personal.
10:30	Coffee Break	
10:45	WET	The Zurich Resource Model (ZRM) provides a model through which your conscious and subconscious minds cooperate to help you reach important personal goals. The Wish Element Technique (WET) is a part of ZRM that enables you to approach challenging situations with aplomb.
12:50	Wrap-up	
13:00	End of Workshop	