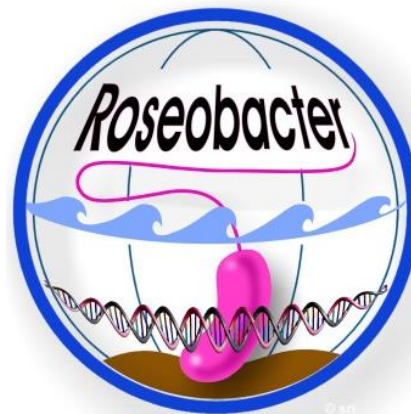
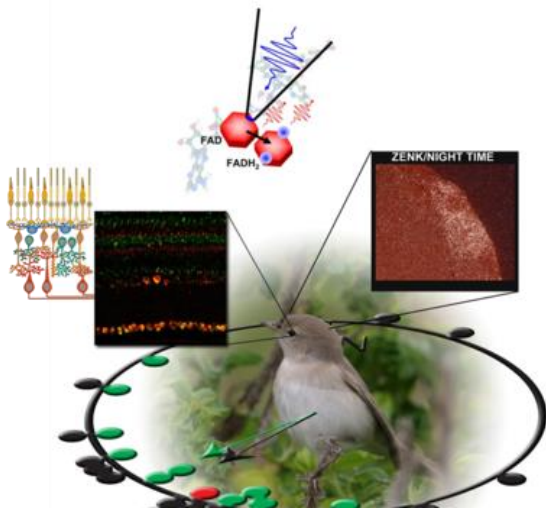


# Mentoring programme 2014-2015 for young researchers

Kick-off Meeting 14<sup>th</sup> of October 2014



# Agenda

- Detailed information about the programme
- Meet the programme instructor and coach
- Information about the application procedure
- Time to ask questions

## **Target group**

- Female and male doctorate students from the integrated Research Training Group of the CRC Roseobacter and SensoryBio

## **Organisers**

- Mentoring programme is organised by the coordinator of both Research Training Groups: Dr. Ferdinand Esser & Dr. Beate Grünberg

# Programme instructor

Nadja Plothe, Bremen, Trainer and coach

<http://www.nadja-plothe.de/>

## What is a mentoring?



## What is a mentoring?

- An older and experienced mentor shares knowledge with you and supports you in finding your personal career
- The mentor is like a wise person, who you can ask all about the profession and career you like to reach

## Concept

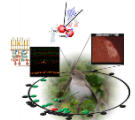
- Young researchers actively address their career options
- Methods for career development
- Networking strategies

## Mentoring – time and effort

- **Mentor-Mentee relationship:**
  - finding a mentor
  - monthly meetings with the mentor (~ 2 hours)
  - two group Workshops (1,5 days)
  - two half-day Meetings
- If wanted: further thematical **workshops**
- 2 optional evening **talks** (2 hours)
- Individual **coaching** (1 hour) after the programme

... and even 6 Credit points







# Application

- Motivation letter and CV
- Sent the application to the coordinator
- **Deadline: 30<sup>th</sup> of October 2014**

**Ferdinand Esser & Beate Grünberg**  
Coordinator Research Training Group  
SFB TRR-51 "Roseobacter"  
SensoryBio

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