Mentoring programme for young female researchers 2018 – 2019
Mentoring for young female researchers

Target group
• female doctorate students from OLTECH
• Young post docs from faculty V

Organisers
• The programme is organised by the Graduate School Science, Medicine & Technology (OLTECH)
• Programme instructor: Nadja Plothe, Bremen Trainer and coach
  http://www.nadja-plothe.de/
Concept
• young researchers actively address their career options in Science, Enterprises or other career fields outside Academia
• and learn methods for career development and networking strategies

Mentors
• An experienced mentor shares knowledge with you and supports you in finding your personal career.
• The mentor is like a wise person, who you could ask all about the profession and career you like to reach.
• The mentor could open you the access to relevant networks.
Structure

- **Mentor-Mentee relationship:**
  - finding a mentor
  - regularly meetings with the mentor (~ 2 hours)
  - two group meetings (0,5 days)
  - individual guidance

- one thematical **workshop** (2 days)
- optional evening **talks** (2 hours)
- Individual **coaching** (1 hour) to find a mentor or after the programme
Next Run

• November 2018 to October 2019

• The meetings and workshops will be offered in English, if international mentees are in the programme.

• For doctorate students of OTECH the mentoring programme will be credited with 6 CP in olt164.
Mentoring Programme 2018-2019

Kick-off! Workshop
Methods and strategies of finding the personal career direction and then finding the perfect mentor
1./2. November 2018, Nadja Plothe

Individual Coaching, 1 hour - Nadja Plothe

Group Meeting of all mentees
22. January 2019 (1/2 day), Nadja Plothe

Talk: International mobility in research (2 hours)

Halfway meeting of the mentees
7. May 2019, Nadja Plothe

Workshop
Communication, presentation and conflict resolution
T.b.d.,

Talk: t.b.d (2 hours)

Final Workshop and Official closing: Award the certificates
23. October 2019
Mentoring for young female researchers

Application

• Download the application form
  www.oltech.org → Mentoring
  http://www.uni-oldenburg.de/en/graduates/oltech/mentoring/

• Fill in the form, add CV and motivation letter
• Sent the application to the graduate school OLTECH

• Deadline: September 1\textsuperscript{st} 2018

Any questions? Please contact us!
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