mentorWIN 2013 – 2014

Mentoring programme for young female researchers
mentorWIN 2013-2014
Mentoring for young female researchers

Target group
• female doctorate students from Oltech and 3GO
• post docs from faculty V, faculty VI and 3GO

Organisers
• mentorWIN 2013-2014 is organised by the Graduate School Science & Technology (Oltech)

• Programme instructor: Nadja Plothe, Bremen Trainer and coach
http://www.nadja-plothe.de/
Concept
• young researchers actively address their career options
• methods for career development
• networking strategies

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.
Structure

- **Mentor-Mentee relationship:**
  - finding a mentor
  - monthly meetings with the mentor (~ 2 hours)
  - two groupmeetings (1,5 days)
  - individual guidance
- 4 thematical **workshops** (1 or 2 days)
- 2 optional evening **talks** (2 hours)
- Individual **coaching** (1 hour) after the programme
Next Run

- October 2013 to October 2014

- The workshops will be offered in English, if international mentees are in the programme.

- For doctorate students of Oltech the mentoring programme will be credited with 6 CP.
**mentorWIN 2013-2014**

- **Oct. 2013**: Find a mentor!
- **Nov. 2013**
- **Dec. 2013**
- **Jan. 2014**
- **Febr. 2014**
- **March 2014**
- **April 2014**
- **May 2014**
- **June 2014**
- **July 2014**
- **August 2014**
- **Sept. 2014**
- **Oct. 2014**

**Development of the mentor-mentee relationship (2 CP)**

- **Kick-off! Workshop 1** (2 days)
- **Group Meeting of all mentors and mentees** (1/2 day)
- **Workshop 2** (2 Days)
- **Talk: University careers** (2 hours)
- **Workshop 3** (2 Days)
  - **Mentoring relationship: Halfyear meeting** (1 Day)
  - **Talk: Science management** (2 hours)
- **Workshop 4** (1 Day) + Official Closing
  - **Individual Coaching** (1 hour)
mentorWIN 2013-2014 - Workshops

Workshop 1
Kick-off! What are my job-related dreams and which mentor could help me reaching this aim?
Methods and strategies of finding the personal career direction and then finding the perfect mentor
22./23. October 2013, Senatssitzungsraum, N. Plothe

Workshop 2
Career strategies and development for young researchers in science and enterprises
16./17. January 2014
Laetitia Godineau

Talk: University careers (2 hours, N.N. – Juniorprofes.)

Workshop 3
Communication, presentation and conflict resolution
2 Days, April/May 2014
N.N.

Talk: Science management (2 hours, A. Ruf, S. Matthê)

Workshop 4
Career and networking strategies
1 Day, September/October 2014
Nadja Plothe
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<tr>
<th>Year</th>
<th>Event Description</th>
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<tr>
<td>Oct. 2013</td>
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<td>Official closing: Award the certificates</td>
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<td>Individual Coaching</td>
<td>1 hour -Nadja Plothe</td>
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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: October 4th 2013

Any questions? Please contact us!
Contact & Information

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