

Thursday 28 May 2020: YouR Career Event

Have you thought about what you will be doing after completing your time as a PhD student or researcher at EUR? It's important to start thinking in time about whether the next step in your career will be inside or outside academia.

The YouR Career Event is an online event for young researchers (PhDs).

Programme

09:45-10.30	Introduction and plenary session 'The next step after your PhD' (Speaker: Nannette Ripmeester)
10.30-10.45	Break
10.45-12.15	Workshop round 1: choose one workshop (1) Grant writing (Stefan de Jong) (2) Stress & time management (Marion Miezenbeek) (3) Focus on your career (Anastasia Moiseeva) (4) Write your own career story for the coming years (Caroline van Halteren) (5) Online Identity: CV, LinkedIn, and social media (Johan Eekma)
12.15-13.00	Lunch break
13.00-14.30	Workshop round 2: choose one workshop (1) Grant writing (Stefan de Jong) (2) Stress & time management (Marion Miezenbeek) (3) Focus on your career (Anastasia Moiseeva) (4) Write your own career story for the coming years (Caroline van Halteren) (5) Online Identity: CV, LinkedIn, and social media (Johan Eekma)
14.30-14.45	Break
14.45-15.30	Wrap-up session: Q&A / Group discussion hosted by Nanette Compeer A group discussion with participants, PhD Officer Anastasia Moiseeva, and Career Coach Marion Miezenbeek.

How to sign up

Please sign up for the YouR Career Day on the EUR website. You will then receive an e-mail to confirm your preferences for the workshops.

**I LIKE TO
MOVE IT**

**Online Career Week
YouR Career Event**

25-29 May 2020

EUR Career Week 2020

Join the movement.

WORKSHOPS

YouR Career Event

WORKSHOP 1 Grant writing (Stefan de Jong)

The workshop focuses on the general approach to writing grant applications. This approach can be used to apply for such grants as a Rubicon or Veni grant at NWO, a Marie Curie Fellowship at the European Commission or an ERC Starting Grant at the ERC. These are the principal funders and researchers generally have the most difficulty with grant applications for these funders. However, participants will gain insights that are also applicable to applications for grants from other funders.

Participants should prepare an English abstract of/design for a research proposal. This abstract should be no more than 1 A4 page.

WORKSHOP 2 Stress & time management (Marion Miezenbeek)

Our greatest weapon against stress is knowing how to manage it!

This workshop is meant for PHD's/researchers who have difficulty to keep the balance, due to stress and /or the lack of time. Together we look at the causes of stress and timemanagement difficulties and offer concrete and practical solutions. You make the first step in learning to be more effective in work and still be able to have a sensible work/life balance.

Before the workshop you'll be asked to do a test to get insight in strengths & weaknesses and how you react in general to stress!

WORKSHOP 3 Focus on your career (Anastasia Moiseeva)

As a scientist you should know your strengths/skills and how to translate them to possible jobs. You probably are aware of your knowledge and experience, nevertheless you are sometimes not conscious of all the other skills you have.

This workshop is meant for you, the young researcher who is thinking about the next step in his/her career. To make the right choice it's important to know what your talents, values and drives are. Based on this self-reflection you can see the possible career-options and hopefully make the right choice.

But how do you do that? In this workshop we're going to make a start with identifying your transferable skills/talents and personal values, and how they can be translated into possible career opportunities. Based on this self-reflection you can see the possible career-options and hopefully make the right choice.

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WORKSHOP 4 Write your own career story for the coming years (Caroline van Halteren)

"If you dare, the future will follow"

What is your first reaction to this quote?

If you consider it a little longer than a split second you'll realise the essence of this quote and it's underlying thought for your career and life. Working with this theme in an exploring and inspiring way, I invite you for the workshop 'Write your own career story for the coming years' on Thursday 28th of May (10.45 or 13.00 o'clock) and I'll promise you an unexpected twist.

WORKSHOP 5 Online Identity: CV, LinkedIn, and social media (Johan Eekma)

Nowadays, throughout your career your online identity becomes more and more relevant. For example for networking, applications, projects, publications and professional acknowledgement, a clear and consistent online identity is required. Would you like to be recognized as someone with a strong online identity? Would it help you to identify the online 'channels' in order to become visible in your field? Do you like to have the right online tools to be invited for your dream job? Do you like to continuously enhance your online visibility? Once you get the tools to create your online identity, it becomes fun to work on! During this workshop you will learn the requirements, tools, techniques and practical tips on how to realize it.

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