







Year 1 Personal Orientation & goal-setting

Year 2 Explore the labour market

Year 3 Career planning

Year 4 Find a vacancy

Professional Development

- Project ME
- Critical thinking
- Design thinking

Communication skills

- Verbindend communiceren
- Writing Emails

Leadership & (Project) Management

- How to manage your PhD project

Personal Effectiveness

- Timemanagement PLUS
- How to deal with procrastination for PhD's
- Believe in yourself
- Dealing with stress
- The power of breathing

Professional Development

- Career Swifters for PhD's
- Critical thinking

- Design thinking

- **Communication skills** Presenteren met impact
- Effectief beïnvloeden

Personal Effectiveness

- How to deal with perfectionism – for PhD's
- Living the life that you want

Professional Development

- Career Swifters for PhD's
- Your next step
- Your career in the spotlight
- Personal Branding & Networking
- LinkedIn Profile & Network

Communication skills

- Science Communication & Storytelling

Professional Development

- Personal Branding & Networking
- LinkedIn Profile & Network
- The Art of Networking

This learning pathway serves as an inspirational guide, underlining its non-mandatory and flexible nature. Feel free to choose the learning activities that align best with your current needs and preferences. Explore the comprehensive overview organized by theme for more developmental opportunities on the PhD Career & Professional Resilience Development webpage.