

I LIKE TO MOVE IT

Online Career Week Invitation:

25-29 May 2020

EUR Career Week 2020

Join the movement.

Join the movement during the fifth edition of the Career Week!
In May 2020 the annual Career Week will be organised by HR.
During this week, all EUR employees can participate in workshops, trainings
and other activities.

Online Career Week

Even during the working from home period, we want to offer you the opportunity to get started with your personal development! Think for example of online career coaching, job crafting, salary negotiation, and millennial leadership.

You can find the program on the following pages.

Add the week to your calendar!

Monday 25 t/m Friday 29 May 2020

Interested in participating?

Participation is free of charge
for all employees of Erasmus
University Rotterdam.

Day 1: Monday 25 May

Time	Activity	Trainer
09.00-13.00	Entrepreneurship (NL only)	Marco den Hartog
09.00-12.30	Your next step (part 1)	Harmen den Blijker
13.00-17.00	Online coaching	Nanette Compeer

Day 2: Tuesday 26 May

Time	Activity	Trainer
09.00-13.00	Jobcrafting	Ron de Jong
09.30-12.00	And that's how you do salary negotiations (for Young@EUR)	Marco den Hartog
13.00-15.30	And that's how you do salary negotiations (all employees)	Marco den Hartog

Day 3: Wednesday 27 May

Time	Activity	Trainer
09.00-13.00	LinkedIn (part I)	Elton Backx
09.30-11.30	Management Workshop Millennial Leadership (NL only)	Daan Klever

Day 4: Thursday 28 May

Time	Activity	Trainer
09.00-13.00	LinkedIn (part II)	Elton Backx
10.00-11.30	Career in Progress: move by standing still (NL only)	Emilie Nijman & Nanette Compeer
13.00-17.00	Online career coaching	Harmen den Blijker
TBA	YouR Career Event (for young researchers)	TBA

Day 5: Friday 29 May

Time	Activity	Trainer
09.00-12.00	Online career coaching	Marion Miezenbeek
09.00-12.30	Personal branding & networking (Part 1)	Harmen den Blijker
10.00-11.30	How can you make impact? (NL only)	Tessa Meerman & Gavir Breidel
13.00-14.30	You as a director. (NL only)	Tessa Meerman & Gavir Breidel

Entrepreneurship (NL only)

Time: 09.00-13.00

Trainer: Marco den Hartog

Tool: Zoom

Language: NL only

Denk jij wel eens over voor jezelf beginnen? Over een vrij bestaan als ondernemer of ZZP-er? Dan ben je niet de enige. Nederland telt ruim 1 miljoen mensen die de stap gewaagd hebben. Deze workshop is bedoeld voor die professionals die zich willen oriënteren op een stap in die richting. Wat komt er bij kijken en welke skills en kennis heb je nodig om succes te boeken? Hoe kom je er achter of jouw ondernemersidee kansrijk is en hoe kom je aan klanten? Schrijf je in voor deze leuke en leerzame kennismaking met zelfstandig ondernemerschap!

Your next step (part 1)

Time: 09.00-12.30

Trainer: Harmen den Blijker

Tool: Microsoft Teams

Language: NL, EN is possible

What am I really looking for in a job? What's the next step in my career? What do I have to offer to another employer or supervisor? If the possibilities were endless, would I...? Questions that many of us ask at one time or another. Good questions to take charge of your career so you get - even more - energy, enjoyment and satisfaction from your job. Your Next Step answers questions like: Who am I? What are my strengths and what do I want? How do I get there? As opposed to a longer individual process with a career coach, you will find your answers much more quickly, you will receive feedback, ideas and experiences from your group, spend three half-days away from work, and all the while you will be expanding your network.

This training consists of two parts. Part 2 will take place on 9 June 2020.

Online coaching

Time: 13.00-17.00

Coach: Nanette Compeer

Tool: Microsoft Teams

Language: NL / EN

You would like to say no more often, but how do you do it? It's not going as planned, what to do now? Do you have a critical voice in your head that hinders you? Are you feeling your house closing in on you while working from home? Do you recognize these questions, or do you have another question you could use some help with?

I can show you through various models how you can take charge and find your answers.



Personal development, always & everywhere: with GoodHabitZ!

Learn anytime, anywhere, when it's convenient for you. TOP offers EUR employees the possibility to use GoodHabitZ' online training platform.

Through this platform you have access to 140 courses, ranging from Excel and language training to personal development. So there's something for everyone.

A low-threshold way of learning something new, because you determine when, what and how you learn. And you can continue learning, because the range is extended every month.

Jobcrafting

Time: 09.00-13.00
Trainer: Ron de Jong
Tool: Zoom
Language: NL, EN is possible

Vergroot je werkplezier en verbeter je prestaties door middel van jobcrafting. Jobcrafting betekent aanpassingen doen om je werk en jou als persoon beter bij elkaar te laten passen.

In deze workshop leer je de basis van het succesvol jobcraften. Je leert wat de effecten zijn van een goede werkbeleving en in hoeverre jij daar zelf invloed op hebt. We combineren hiervoor wetenschappelijke inzichten rondom gelukkig werken met praktijkgerichte onderdelen gericht op jouw (persoonlijke) ontwikkeling binnen het werk. Je gaat aan de slag met jouw eigen werksituatie en formuleert daarbij jouw volgende stappen als jobcrafter, die je direct na de workshop kunt toepassen.

And that's how you do salary negotiations (for Young@EUR)

Time: 09.30-12.00
Trainer: Marco den Hartog
Tool: Zoom
Language: NL, EN is possible

Marco den Hartog is an experienced business coach, trainer and entrepreneur. In this workshop, he offers a humorous, pragmatic and typical 'Rotterdam' (i.e. commonsensical) introduction to various negotiating techniques. After completing the training, you will stand on firmer ground in interviews about e.g. your salary or a possible promotion. In addition, you will learn new ways to handle counterarguments and objections, about the balance of talking / listening, the importance of mindset and the 'sleep on it' strategy. Don't hesitate to register for this entertaining and educational workshop!

Please note: this workshop is for EUR employees with the age of 35 or younger. The workshop is also organized in the afternoon for all employees.

And that's how you do salary negotiations (all employees)

Time: 13.00-15.30
Trainer: Marco den Hartog
Tool: Zoom
Language: NL, EN is possible

Marco den Hartog is an experienced business coach, trainer and entrepreneur. In this workshop, he offers a humorous, pragmatic and typical 'Rotterdam' (i.e. commonsensical) introduction to various negotiating techniques. After completing the training, you will stand on firmer ground in interviews about e.g. your salary or a possible promotion. In addition, you will learn new ways to handle counterarguments and objections, about the balance of talking / listening, the importance of mindset and the 'sleep on it' strategy. Don't hesitate to register for this entertaining and educational workshop!

GoodHabitZ trainings for your personal development

TOP has selected 6 GoodhabitZ trainings for you. This way you can work on your personal development, anytime and anywhere you want!

1. Enjoy your job

Work happiness is different for everyone, and can be created or increased by a good balance, success, and purpose. Do this online training to learn how to feel (even) more fulfilled from your work.



LinkedIn (part I)

Time: 09.00-13.00

Trainer: Elton Backx

Tool: Zoom

Language: NL, EN is possible

Finding, connecting and capitalising. That's what LinkedIn is all about. It's hard to imagine our society without social media. It's quick and easy to create a profile, but how can LinkedIn help you in carrying out your work and enhancing your career? How can you expand and utilise your academic and non-academic professional network both nationally and internationally? How can you profile yourself online? How do you discover relevant contacts? How do you ensure that you use your online contacts to get interviews with employers more easily? How do you ensure that recruiters, employers and colleagues from your field can find you? Discover the answer to this and other questions in this practical training full of tips and tricks. This training consists of 2 parts:

Part 1: Introduction LinkedIn (if you want to get more out of your profile)

Part 2: Marketing approach (for those who are actively searching for a new job)

It is possible to register for only one part. Part 2 can only be followed in combination with part 1.

Management Workshop | Millennial Leadership (for managers)

Time: 09.30-11.30

Trainer: Daan Klever

Tool: Zoom

Language: NL

Millennials, ook wel generatie Y genoemd, is de generatie die werd geboren tussen 1980 en 2000. Het zijn mensen die inmiddels ongeveer 20 tot 40 jaar oud zijn. In de media wordt uitgebreid gepraat en geschreven over deze groep. Soms is dat positief, maar net zo vaak hoor je minder positieve dingen over deze groep medewerkers. Deze generatie is sterk vertegenwoordigd binnen nagenoeg iedere organisatie. Op dit moment is zo'n 50% van de arbeidsbevolking Millennial. In 2025 is dit maar liefst 65%. Wat betekent dit voor jullie organisatie en jouw manier van leidinggeven? In deze workshop leer je over de algehele drijfveren van de Millennial en hoe je als generaties dichterbij elkaar komt. Je krijgt tools & tricks waarop je gericht en effectief leiderschap kan creëren en maakt jouw eerste concrete stappen richting Millennial Leiderschap.



GoodHabitZ trainings for your personal development

2. Test yourself

What are your strengths and challenges? Personal growth starts by increasing your self-knowledge. This online training will help you gain insight in your motivations, talents and points of improvement.

3. Do your think, be happy

What makes you happy? This online training helps you find an answer and a plan to achieve your goals.

4. The gutsy way to find the job

From finding the right vacancy to writing a letter that stands out and making a good impression during an interview. All these subjects are covered by this online training.

5. Talent development

Target audience: managers
Employees that use their talents in their work are happier and more productive. In this GoodHabitZ training you will learn how to recognize and stimulate the talents of your employees.

6. The power of failure

Personal growth is possible only if, from time to time, we step outside our comfort zone, daring to make mistakes. In this online training you will learn how to transform your mistakes into a learning experience.

LinkedIn (part II)

Time: 09.00-13.00

Trainer: Elton Backx

Tool: Zoom

Language: NL, EN is possible

Finding, connecting and capitalising. That's what LinkedIn is all about. It's hard to imagine our society without social media. It's quick and easy to create a profile, but how can LinkedIn help you in carrying out your work and enhancing your career? How can you expand and utilise your academic and non-academic professional network both nationally and internationally? How can you profile yourself online? How do you discover relevant contacts? How do you ensure that you use your online contacts to get interviews with employers more easily? How do you ensure that recruiters, employers and colleagues from your field can find you? Discover the answer to this and other questions in this practical training full of tips and tricks. This training consists of 2 parts:

Part 1: Introduction LinkedIn (if you want to get more out of your profile)

Part 2: Marketing approach (for those who are actively searching for a new job)

It is possible to register for only one part. Part 2 can only be followed in combination with part 1.

Career in Progress: Move by standing still

Time: 10.00-11.15

Trainer: Emilie Nijman en

Nanette Compeer

Tool: Microsoft Teams

Language: NL

Weer een dag (hard) gewerkt. Wat heb ik eigenlijk gedaan? Heb ik een gevoel dat ik heb bijgedragen? Kreeg ik er energie van? Of heeft het mij energie gekost?

Tijdens deze workshop sta je letterlijk en figuurlijk stil en word je bewust van wat jij belangrijk vindt in je werk(ende leven). Na het volgen van deze workshop ben jij je bewust van de mooie loopbaan & ontwikkel mogelijkheden die de EUR te bieden heeft om jou te helpen die volgende stap te maken in je carrière. Misschien zet jij vandaag wel je eerste stap!



Online career coaching

Time: 13.00-17.00

Coach: Harmen den Blijker

Language: NL / EN

Where am I in my career? Do you have any questions about this? Would you like to get more from your work? Do you find it difficult to make important choices about your career? Would you like to know where your chances are on the labour market? Would you like to use social media for your career but are you not sure how?

Address all your career questions during a (confidential) conversation with a former EUR career advisor. The duration of the conversation is 30 minutes.

YouR Career Event (for young researchers)

The programme of the YouR Career Event will be announced soon.



Online career coaching

Time: 09.00-13.00

Coach: Marion Miezenbeek

Language: NL / EN

Where am I in my career? Do you have any questions about this? Would you like to get more from your work? Do you find it difficult to make important choices about your career? Would you like to know where your chances are on the labour market? Would you like to use social media for your career but are you not sure how?

Address all your career questions during a (confidential) conversation with a former EUR career advisor. The duration of the conversation is 30 minutes.

Personal Branding & Networking (Part I)

Time: 09.00-12.30

Trainer: Harmen den Blijker

Tool: Microsoft Teams

Language: NL, EN is possible

Achieving ambitions, obtaining projects and assignments, finding work, performing well and keeping it fun. This requires you to know people, find them and be found, but most of all to be noticed. Would you like to be noticed by people from your field, in your work environment or on the labour market? Would you like to learn how to profile yourself successfully and to be able to network easily? In this training you learn how to network more consciously. You start by stating your added value and ambition. You then learn

how to communicate clearly and effectively about yourself in an interview, during your work and on social media. After completing the training course:

- You will be more aware of your added value, your personal 'brand';
- You will have determined the target group through which you want to be noticed, your 'market';
- You will know how to approach the target group and how to profile yourself, your 'marketing';
- You will be able to present yourself in a distinctive way (pitch);
- You will know how to expand and use your network and will be able to hold relaxed networking discussions;
- You will know how to use your personal 'brand' in for instance your CV and social media;
- You will have a Branding & Networking plan.

This training consists of two parts. Part II will take place on 19 June 2020.

How can you make impact?

Time: 10.00-11.30

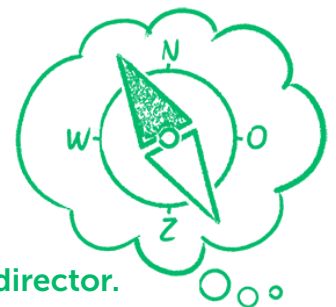
Trainers: Tessa Meerman & Gavir Breidel

Tool: Zoom

Language: NL

In onze workshop 'Hoe maak je impact' gaan we o.a. met de deelnemers op zoek naar hun persoonlijke 'why', omdat we er in geloven dat je daarmee het verschil maakt. Dat is de

drijvende kracht achter het in beweging komen en in beweging blijven. Het doel van onze workshop is met de deelnemers de stap te zetten van vragen naar gevraagd worden. Het is een praktische workshop, waarbij we de deelnemers vooral zelf aan het werk zetten. Alleen of met elkaar.



You as a director.

Time: 13.00-14.30

Trainers: Tessa Meerman & Gavir Breidel

Tool: Zoom

Language: NL

Het gaat tegenwoordig heel erg over de regie pakken over je eigen loopbaan. Maar om de regie te pakken, moet je denken als een echte regisseur. In onze workshop nemen we de deelnemers mee in de wereld van acteren waarbij de regisseur een cruciale rol heeft. Regie vraagt om visie, in dit geval op je eigen loopbaan. De totstandkoming van een theaterstuk is een complex proces. Wij hebben de belangrijkste lessen uit dit proces gehaald, die je helpen bij het zetten van de volgende stap. De workshop is een teaser voor deelnemers die behoefte hebben aan loopbaancoaching op een creatieve manier.