

# Together

## Six-Month Peer Group Coaching

### for International Doctoral Researchers at UDE



Doing a doctorate can be fulfilling - and quite lonesome and frustrating at the same time. Working together with a group can bring in new perspectives, insights and options for action as well as clarity and increased motivation for goal achievement.

The moderated peer group coaching for international doctoral researchers at the UDE therefore supports you on the path to your doctorate and in your further career planning through (self-)reflection, feedback and interdisciplinary skills development.



#### This programme is the perfect fit, if you want to ...

- reflect your professional role
- focus on creativity, enjoyment of work and energy
- gain clarity about your own resources
- develop strategies and solutions for dealing with challenges
- experience support and mutual motivation to achieve goals
- exchange & network with peers
- discover feedback and appreciation as a resource



All **international** doctoral researchers of the UDE can apply.  
Group size: max. 6-8 participants



6 dates in total, Mondays 10:00–12:00 h  
**27.04. | 18.05. | 15.06. | 13.07. | 31.08. | 14.09.**



Science Support Center, Weststadttürme  
Berliner Platz 6-8, 45127 Essen

**Apply here by  
26 March!**

#### Coordination & Contact:

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<https://www.uni-due.de/gcplus/en>



**GC PLUS**

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