

## (HOME) TRAINING DAYS

### Online-Workshop “Effective Project Management”

**Date:** Fri, 20 June 2025, + Wed, 25 June 2025, each 09:00–13:00 hours

**Place:** Online via Zoom

**Trainer:** Christine Thiel

**Target group:** doctoral researchers from all disciplines, max. 12

**Language:** English

#### Content and approach

“So many tasks! I don’t know where to start!”, is a common challenge when it comes to preparing for exams, writing homework assignments and certainly when facing a Ph.D. thesis. To eliminate overwhelm and get (the right) things done, it is essential to have a clear goal, a long and midterm-plan and to be organized on a day-to-day basis.

In this workshop we determine the hallmarks of good project management and the pragmatic implementation of the plan.

As we go through the different steps, participants are invited to implement them for their own project. As a result of the workshop, each participant has a solid plan and the tools to continue planning. We will also discuss how to deal with delays and other obstacles that might come up during the implementation phase, so that participants are equipped to navigate challenges as they come up.

This workshop is based on the following methods and concepts:

- Project management tools – to structure and prioritize tasks
- Agile methods – to plan in the face of uncertainty
- Mindful awareness – to stay focused and flexible with implementation

As a result of this workshop, the participants will be able to:

- Have a clear framework to plan out their projects.
- Implement the plan they have created during the workshop.
- Identify and avoid potential stumbling blocks along the way.
- Navigate delays or other challenges skillfully.

#### Trainer

As a mindfulness trainer, Christine Thiel specializes in stress management and resilience training in the academic field. She helps Postdocs shift their approach to work so that they can achieve sustainable success in a fast paced and highly competitive environment without burning out. After some years in the corporate world, Christine completed her Ph.D. on the latest trends in the field of remote work at LMU Munich, where she is still lecturing. In her workshops, she combines research about working culture and work-life-balance with the extensive mindfulness experience that she has gained over the years of training in Thailand. Having further studied the mind with recognized mindfulness teachers from the U.S., her approach is secular and scientifically researched.