



## EMPOWER programme

Career programme to promote women  
in CRC/TRR 247 research

### Goals

- Targeted and individualized training and qualification of female scientists to enable and empower their career goals and to reach the highest levels of leadership in academia and industry

### Programme

- Individual coaching
  - Free choice of topic according to individual needs to acquire scientific key skills
- Meetings for exchange
  - EMPOWER dinner  
Young female CRC/TRR 247 scientists meet with senior female scientists for an EMPOWER dinner, an informal get-together, to talk about different career pathways in and outside of academia in a familiar atmosphere.

### Participants

Young female CRC/TRR 247 scientists, including PhDs and Post-Docs

### Financial support

Every female TRR 247 scientist can take part in an individual coaching per year.

Therefore, just send your request (including a specific topic or even several topics we could merge in one coaching) per mail to Dr. Franziska Günther. Then, we can set up your individualized coaching and focus on your special needs and requirements.

*"It is shameful that there are so few women in science..."*  
Chien-Shiung Wu, experimental physicist

*"I hadn't been aware that there were doors closed to me until I started knocking on them."*  
Gertrude B. Elion, biochemist, pharmacologist, and winner of the 1988 Nobel Prize in Physiology or Medicine



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### ***Selection of coaching topics***

- Planning
  - Intensive career guidance for PhDs or Post-Docs  
(Career planning and development)
  - Making a career in research: developing sustainable career strategies  
(Understand research at higher education institutions, exploit funding opportunities, potential future roles, and set realistic goals for career development)
  - Successful in science – recognize and overcome structural barriers and exclusionary mechanisms
- Organising / Management
  - Time-, self- and project management
  - Getting it done!  
(Methods and motivation for the successful finish of your PhD)
  - Stress management
  - Conflict management
- Presenting results and yourself / Communication
  - Self-marketing and networking
  - Self-presentation in academia. Make an impact!
  - Power games and communication strategies
  - Take your presentation to the next level / Pimp your talk  
(Training based on your own talks, using body language and vocal methods)
  - Reaching your audience and performing with confidence  
(Storytelling techniques for scientific presentations, stage and presentation coaching)
  - Convince in your disputation  
(Strategies to prepare the examination, reflect your own discussion and presentation skills, deal with your nervousness, self-motivation)
- Writing research papers, reports, reviews
  - How to publish successfully in peer-reviewed journals?  
(How to prepare for writing, how to write efficiently, and publishing strategies, structure a paper, review criteria, and avoid common mistakes)

- Preparing research proposals and funding applications
  - Attracting successfully research funding! The road from idea to getting funded for doctoral researchers!  
(Basic principles of the funding system, funding institutions and programs, writing a success-promising proposal)
- Networking
  - Power lunch  
(E.g., invite senior female scientists to meet and discuss career aspects with experiences scientists)
- Supervising / Leadership
  - On your path towards professorship (for Post-Docs)
  - Introduction to leadership skills  
(Leadership models – about styles, tasks and responsibilities, how to handle different personalities, communication for leaders)