

Design your Future - Planning a fulfilling work and self- realisation experience

In all professions including academic careers, satisfaction and a sense of fulfillment are not always at hand, leading sometimes to questioning professional choices. Have you experienced not being completely sure of what is professionally right for you? Have you wondered how you could find it out? Do you feel you might be not well equipped to decide on the next step in your career, or to lack orientation? In this workshop, you will be provided with tools and orientation models that will guide you in your career decisions, and implement them. These are based on an authenticity-oriented perspective aiming at a fulfilling work and self-realization experience.

Workshop objectives

- You understand what is the formula for sustainable satisfaction and fulfilment in your profession
- You obtain tools to find a reliable and secure orientation in your professional life
- You understand that you can achieve your potential through different career models
- You get knowledge about how to increase your own competitiveness in the field

Programme

- Talents, strengths and values
- A proposed model on which to base our professional choices
- The cycle of a working life according to Ann Hale and the methods needed at different stages
- The different career styles

Methods

Interactive, practical and reflexive seminar comprising group, pair and individual exercises, plenary discussions, personal preparatory and process work between the dates, coaching via e-mail, feedback, as well as theoretical input on the relevant topics.

Participants

The program is tailored to PhD candidates, postdoctoral fellows & senior scientists working in the ETH-Domain who wish to experience fulfillment and self-realization in their career and wish to acquire and practice tools that will enable them to reach that goal.

Trainer

Afi Sika Kuzeawu