The trainer of the workshop "Get On With It" was putting participants to work with information and experiences they had, in a way that suited them the best. This was helpful to identify the bottleneck of my PhD project and try together to find an optimal solution. The workshop was very interactive, and was enormously beneficial for all the participants!

Abdennacer Hamdi
PhD Candidate
Department of Physics - Goethe University

Get On With It

Objective
The aim of the workshop is to impart knowledge and skills needed for getting on with a PhD project and proceeding to the oral PhD exam in a goal-oriented fashion.

Description
During the PhD process it is not unusual to lose some of the momentum of the beginnings. The challenge then is to keep a positive attitude and high motivation. Therefore the workshop provides you with an opportunity to share experiences and good practice on how to "keep the pot boiling". This includes a realistic assessment of the current state of work, the identification of specific challenges, further development and refinement of your project planning, and the improvement of your work organization and self-management. The workshop is designed for PhD candidates from all faculties who successfully started their PhD project and plan to finish within the next two years. In addition, the participants are encouraged to reflect on and identify their own personal and professional strengths in order to frame possible career options before finishing their PhD.

The workshop covers:
- Determination of goals for the second half of the PhD project: reflection and improvement of project planning
- Further development of time management, work organization; dealing with complexity and problems of project coordination
- Survival Kit: handling stress, lack of motivation and crises
- Getting started with active career planning

Organizational Information

<table>
<thead>
<tr>
<th>Language</th>
<th>English</th>
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<tbody>
<tr>
<td>Target group</td>
<td>Doctoral Candidates from all faculties in the working phase of their PhD project</td>
</tr>
<tr>
<td>Date</td>
<td>Friday, 10 July 2020, 9:00 – 17:00</td>
</tr>
<tr>
<td>Registration</td>
<td>For registration click here</td>
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</tbody>
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Dr. Margarete Hubrath
uni-support, Krefeld
Since 2001 national and international trainer, consultant and coach in academia; Research, teaching and committee experience at different universities and at an external research institute; Systematic training as coach for individuals and groups (ISP/DGCC).

New Date !!