



Universität Hamburg

DER FORSCHUNG | DER LEHRE | DER BILDUNG

**FACULTY**

OF MATHEMATICS, INFORMATICS  
AND NATURAL SCIENCES

# Academic Career Toolkit – designed for *female scientists*



## „ACADEMIC VISIBILITY AND SELF-PRESENTATION“

with Dr. Karin Bodewits

July 12, 2024  
9:00 - 17:00  
SR 511 in O10  
Universitätsklinikum  
Hamburg-Eppendorf (UKE)  
Martinistr. 52, 20246 Hamburg

This self-presentation workshop is tailored for postdoctoral researchers aspiring to secure professorial positions. Learn essential strategies to effectively showcase your expertise, communicate your research vision, and leave a lasting impression on other academics. Elevate your academic career with confidence and clarity.

You will learn:

- How to present yourself during conferences and in other settings
- To convince others that your research matters
- How to present yourself on social and professional media

## „IMPOSTER SYNDROME“

with Ute Gietzen-Wieland

October 11, 2024  
9:00 - 17:00  
in HARBOR / building 610,  
seminar room (GND)  
Luruper Chaussee 149  
22761 Hamburg

The imposter syndrome widespread among high achievers in fields such as science describes feeling like a fraud or fake despite demonstrably outstanding achievements, accompanied by the constant fear of being exposed as a fraud or failing. It is not uncommon for them to hold themselves back at work for fear of failing and are then unable to realize their full potential.

The workshop includes:

- Theoretical and practical units
- Exchange and discussions in plenary and in small groups
- Situational coaching elements as well as recommendations and concrete approaches for dealing with the impostor feeling
- Allows participants to determine the possible extent to which they are individually affected and to develop individual solutions and strategies for action

## „LEADERSHIP 101“

with Dr. Juliane Handschuh

January 17, 2025  
9:00 - 17:00  
Location: tba

This workshop will provide scientific leaders with the skills and knowledge needed to effectively guide and inspire their research teams. By understanding the unique motivations of researchers and adapting leadership approaches accordingly, participants will be better prepared to foster autonomy, creativity and high performance.

We will cover the following topics:

- Definition of leadership, tasks and roles of a leader, leadership styles
- Delegation of tasks as a leadership tool
- Motivating employees, the leader's position in the team, group dynamics



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**ACADEMIC CAREER TOOLKIT – designed for female scientists** is a joint program offered by the MIN faculty, the UKE (Universitätsklinikum Eppendorf) and the Clusters of Excellence Quantum Universe and CUI: Advanced Imaging of Matter.

This qualification program in English language is designed to strengthen leadership skills and to support female scientists in their career management. It addresses advanced Postdocs that already have academic leadership responsibilities or seek such a position in the nearer future (Juniorprofessors, “Habilitationen”, junior research group leaders and postdocs with several years of experience).

The program consists of 3 to 4 workshops that cover crucial aspects for a sustainable development of an academic career. The workshops can be attended individually or as a complete program. In addition to the workshops, the program usually is completed by networking events, where experienced trainers and scientists give inspiring input on further career topics.

## Partner:

**CLUSTER OF EXCELLENCE**  
CUI: ADVANCED  
IMAGING OF MATTER

**CLUSTER OF EXCELLENCE**  
QUANTUM UNIVERSE

