



Koordinationsstelle für  
Geschlechterstudien und Gleichstellung  
der Universität Graz



Workshop, 07.11.2024

## About resources, risks and rest(lesness): Strategic career planning for female\* PostDocs

### Target group:

Female\* postdocs from all four universities in Graz (*University of Graz, Graz University of Technology, Medical University of Graz and University of Music and Performing Arts Graz*).

### Content:

- Pillars of an academic career and strategic career planning
- Resources: networking, self-presentation and time-management
- Risks: Impostor-phenomenon, procrastination and social comparison
- Rest(lesness): overload with admin-work and teaching, work-private life balance and breaks

**Method:** Input, discussions, group work, self-reflection, workbook

**Goal:** clear vision of current position, setting constructive and joyful strategic decisions, strengthening your career as an independent researcher

**Trainer:** Dr.in Lisa Horvath, Universitäts- und Organisationsberatung ([www.drlisahorvath.at](http://www.drlisahorvath.at))

**Free of charge!**

**Registration including academic field of study, current stage of studies and semester:** at [weiterbildung.gleichstellung@uni-graz.at](mailto:weiterbildung.gleichstellung@uni-graz.at), Tel. 0316/380-1020 – let us know if you preferred the workshop being held in German

**TIME: THURSDAY, 07. NOVEMBER 2024, 9 – 17**

**PLACE: SZ 15.21, RESOWI-CENTER, UNI GRAZ, PART A, SECOND FLOOR, ENTRANCE MIDDLE OF RESOWI-CENTER**

*An event part of the "Potenziale" cooperation between Graz University of Technology, University of Graz, Medical University of Graz and University of Music and Performing Arts Graz.*

