



Koordinationsstelle für
Geschlechterstudien und Gleichstellung
der Universität Graz



Workshop, 16. May 2022

MENTORINGplus FOR FEMALE* SCIENTISTS/SCHOLARS

Target group: Female* PhD students and Postdocs of any discipline at Graz University who aim to engage in supportive interaction in the shape of mentoring for their scientific/academic career

The workshop contributes to furthering equal opportunity and supports scientific careers of women* and assists in establishing a gender balance at Graz University. It is open to women* junior scientists/scholars from any field of research at Graz University. The workshop empowers them to find a mentor on their own. They are supported in actively shaping a mentoring partnership. They shall define their goals, which they shall then work on achieving together with their mentors. Individual coachings support mentees in their endeavours, provide guidance and offer stimulus. The language is English.

Content: Defining objectives for the mentoring and coaching process. Examining the mentoring partnership within the hierarchical system of university. Priming the process of finding mentors: Approaching potential mentors. Defining and forming mentoring relations. Basic, albeit informal, facts about university and options for a scientific career in the international arena. Criteria for career planning and development of a distinct portfolio. Work-Life balance, selfcare, health, resilience. Impulses from and reflections with role model.

Individual Coaching: 2 sessions per participant. In contrast to mentoring, individual coaching is an offer to reflect and improve personal professional practice. A list of recommended coaches is provided.

Trainer: DI Dr.ⁱⁿ Karin Grasenick (convelop cooperative knowledge design gmbh, Graz)

Free of charge!

Registration: please fill out the registration form and send it until 9. May 2022 to Ilse Wieser

Contact: Email: weiterbildung.gleichstellung@uni-graz.at, Tel. 0316/380-1020

Web: [Veranstaltungskalender - Koordinationsstelle für Geschlechterstudien und Gleichstellung \(uni-graz.at\)](#)

TIME: 16. MAY 2022, MONDAY, 9 am - 17 pm

VENUE: SZ 15.22, RESOWI-ZENTRUM, UNI GRAZ, PART G, SECOND FLOOR, ENTRANCE SCHUBERTSTRASSE

A Workshop of the Coordination Centre for Gender Studies & Equal Opportunities at the University of Graz.