



BAMBERG
GRADUATE SCHOOL
OF SOCIAL SCIENCES



FURTHER EDUCATION | WORKSHOP

Own Your PhD: Time- and Self-Management

- Instructor:** Dr Christiane Kasack, ck Coaching + Workshops
- Date & Time:** Monday, January 22, 2024, 09.30 a.m. to 05.30 p.m., & Tuesday, January 23, 2024, 01.00 p.m. to 04.30 p.m. (s.t.)
- Place:** BAGSS, Feldkirchenstraße 21, Room FG1/00.06
- Registration:** To register, please send an email to courses.bagss@uni-bamberg.de by November 29, 2023. Registration is mandatory. The number of participants is limited to 12.

Short Outline

Designing, researching, and writing a PhD thesis calls for specific time and self-management skills that differ in several respects from those required in your MA studies or previous work life. Building on your experience, needs and questions, exchange in the group and input from the instructor, we will explore what you need in this phase of professional life.

We cover the long-term PhD project as well as daily and weekly task management, also talking about reflection and adaption of plans. We will discuss questions regarding the supervision relationship, allowing you to reflect your relationship and develop specific goals. About a week before the workshop, you will be asked to fill a pre-workshop survey. Based on your answers, the workshop will be adapted to your situation.

The workshop consists of the following parts:

- PhD as a career phase
- How to plan a large project like the PhD, incl. time to apply the method to your own project plan
- Time-management (days, weeks)
- Others & your PhD, with a focus on the relationship with your advisors

The workshop opens a space for you to reflect on the PhD as a career phase. You will set yourself goals for this phase and consider your work habits. You will receive planning and time-management tips that you can immediately put into practice, both large-scale and small-scale. You will get the chance to reflect your priorities and plan the following week. We will explore the advisor-advisee relationship and discuss ways to get the most out of it. You will learn peer coaching methods and will be given the opportunity to form peer groups that continue meeting after the workshop.





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About the Trainer

Dr Christiane Kasack works as a coach and workshop facilitator. As a certified business coach and career counsellor, she supports personal development in time- and self-management as well as career planning.

In 2011, Christiane earned a PhD in the social sciences from the FU in Berlin. After two years of post-doc work, she turned to managing the Hertie School's PhD programmes and later career development programmes for postdocs at the Head Office of the Helmholtz Association.