

WORKSHOP

Own your PhD

Time- and Selfmanagement

- Instructor:** Dr. Christiane Kasack
- Date & Time:** Monday, November 24, 2025 from 9:30 a.m. to 5.30 p.m.
Tuesday, November 25, 2025 from 12:30 a.m. to 4:00 p.m. (s.t.)
- Place:** LifBi, Wilhelmsplatz 3, 96047 Bamberg, Room 02.20
- Registration:** Please register by Monday, November 11, 2025 at the following link:
<https://www.uni-bamberg.de/trac/workshops/anmeldung/>.
Registration is mandatory. The number of participants is limited to 12.

Short Outline

The PhD journey requires specific time and self-management skills that differ from MA studies or previous work experience. This workshop addresses key questions: How do I effectively plan a multi-year research project? How can I balance daily tasks with long-term goals? How do I build a relationship with my supervisors that supports my progress? Through group exchange, practical exercises, and personalized input, you will develop strategies for managing your PhD as both a research project and career phase. The workshop supports you in owning your PhD journey, empowering you to make informed decisions about your research path and professional development.

- PhD as Career Phase: Reflection on the doctoral journey, goal setting, and work habit assessment
- Large-Scale Project Planning: Methods for structuring multi-year research projects, with application to participants' own PhD plans
- Time Management Strategies: Daily and weekly task management techniques, priority setting, and adaptive planning
- Supervisor Relationships: Exploring advisor-advisee dynamics and strategies for productive collaboration
- Peer Coaching & Networking: Introduction to peer coaching methods and (potential) formation of ongoing peer support groups

The workshop is mainly aimed at Doctoral candidates (ideally in the first two years of the doctorate).

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Learning objectives

You will be able to create realistic, adaptive plans for your PhD project timeline and daily/weekly task management. You will develop strategies for effective communication with your supervisors, including setting clear expectations and goals. You will acquire peer coaching skills and establish ongoing support networks with fellow doctoral candidates. Finally, you will gain tools for regular self-reflection and plan adaptation.

Method

The workshop employs an interactive, participant-centred approach combining brief theoretical input with practical application. Methods include guided self-reflection exercises, small group discussions, peer coaching techniques, and hands-on planning activities. We will discuss and test appropriate use of AI. The format allows participants to immediately apply concepts to your own PhD project while benefiting from peer exchange and instructor feedback.

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.

After a PhD in the social sciences and two years of post-doc work, Christiane managed the Hertie School's PhD programmes and later career development pro-grammes for postdocs at the Head Office of the Helmholtz Association.