

In-Between. Successfully Mastering Cooperative Working Relationships in the Sandwich Position

Trainer



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- Habilitation in political science
- Certified trainer and coach

Areas of specialization

- Negotiation strategy
- Leadership training
- Individual Coaching

Objective

In a sandwich position, you face sometimes conflicting expectations. In these individual coaching session à 2 hours you can therefore focus on three levels to strengthen your position:

1. Dealing with yourself
2. Dealing with superiors
3. Dealing with colleagues

You will learn effective strategies and solution approaches for your everyday work in order to react flexibly and confidently to the demands of a sandwich position

Description

Focus: Dealing with myself

- Knowing my values and goals
- Reflect on my understanding of my role
- Keeping an eye on my needs and limits
- Dealing with pressure to perform and expectations
- Dealing with different interests and demands

Focus: Me and my superior(s)

- Clarifying the expectations of my supervisor(s)
- Conducting clarification talks
- Making successes visible

Focus: Me and my colleagues

- Creating cooperative working relationships
- Building sustainable networks and relationships with colleagues

Methodology

This workshop consists of individual online coaching sessions of 2 hours in German or English. During this session participants can work on their individual focus.

Conditions

A statement of expectations will be sent to you approx. 10 days in advance so that your individual priorities can be determined.

Organizational Information

Language / Format	Deutsch & English / Online
Target group	Advanced Doctoral Candidates and Postdocs (R2/R3) from all faculties
Date	Tuesday, 18 June 2024, 8:30 – 10:30 & 10:45 – 12:45 Thursday, 4 July 2024, 8:30 – 10:30 & 10:45 – 12:45 Monday, 8 July 2024, 8:30 – 10:30 & 10:45 – 12:45 Thursday, 11 July, 8:30 – 10:30 & 10:45 – 12:45 2 hours individual coaching sessions. Appointments are assigned in advance via Doodle.
Registration	For registration click here

