

## **TIME & SELF-MANAGEMENT FOR PHD STUDENTS**

### **Time:**

October 25 – 26, 2018, 9:00-17:00

### **Goals of the Workshop:**

The workshop is intended for PhD students who would like to tackle the daily challenges of PhD life more effectively, and introduces them to effective strategies for strategical time-management, self-motivation and highly concentrated work. Furthermore, the workshop introduces the concept of “writing camps” (the creation of regular, undisturbed deep work periods).

### **The Trainer:**

Lisa Heindl is founder of the career consultancy Yellow Couch in Bremen. For the last seven years, she has been working as a trainer and counselor for the fields of career orientation, career skills (leadership skills, presentation skills, self-management) and career development. Prior to founding Yellow Couch, she has worked in the field of human resources and university management. Education and Professional Training:

- PhD at the Bremen International Graduate School of Social Sciences (BIGSSS), Universität Bremen (to date)
- Master of Science at the London School of Economics (LSE) (2010)
- Certification as systemic advisor and systemic therapist at the Norddeutsches Institut für Kurzzeittherapie (NIK) (to date)
- Certified MBTI Trainer (2017)
- Certified Career Coach (2016)
- Long-term educational and professional stays in den USA, England, Spain and New Zealand

Institutional References: Jacobs University Bremen, GISMA Business School, Universität Bremen (Dickinson-Programm),