



CAREER ORIENTATION FOR PHD CANDIDATES AND POST-DOCS

Introduction

Some 70% of all PhD candidates and postdocs continue their career outside academia. The training Career Orientation motivates you to think about your next step. The first part of the training gives you clarity in who you are, your competences or transferable skills and your ambition. The second part offers you practical tools to network with potential employers and helps you to develop a realistic action plan to approach the labour market.

Evaluation

This training has been highly appreciated for years (4,5 on a 5 point scale). Some quotes of participants:

"I am now in the final year of my PhD and uncertain about whether or not I would like to continue in academia, so it was very relevant for my current situation. It forced me to ask myself questions that I generally avoid."

"Self-analysis benefits people in all aspects of life. The networking workshop and homework provided very helpful tools for preparing for a job interview."

"It helps you specify your career path in different scenarios and get off the couch and start creating opportunities to change it."

About the training

The training takes place within 4 months and consist of a coaching session, two workshops (self-analysis and networking) and a final coaching session. For every part you have to make assignments.

In this training, the trainer will assist you in answering the following questions:

- Coaching: who am I, what are my (transferable) skills, what are my goals and expectations?
- Workshop self-analysis: what are my character traits and work values? How to collect and communicate competences? What is my professional focus? Depending on my qualities and

wishes, what will be the best field for me to work in? What would working in this field be like? Do I wish to continue my scientific career and what would I need to do so?

- Workshop networking: what is networking? Does it work? Elevator pitch? How can I contact potential employers in this field? Which career paths are possible?
- Coaching: how did the network appointments go? What is my professional search profile? Is my action plan realistic? Am I prepared for the next step?

Time investment/ects/certificate

Time investment for the training and the assignments: 28 hours.

PhD candidates receive 1 ects for their participation. You are required to attend all training sessions – both coaching and workshops – and will receive a certificate after your full participation.

Who?

This training is for PhD candidates at the end of the third or the beginning of the fourth year of their PhD and postdocs in the end stage of their postdoctoral programme.

The trainers

Channah van Dootingh has over 15 years of experience as a career counsellor, coach and trainer, the past nine in academia. Her specialty is guiding PhD candidates and post-docs towards the next step in their career, inside or outside academia. Using a down to earth approach, Channah helps you develop a clearer insight into your personal characteristics, skills, values and ambitions so you can make a well-informed decision about what kind of job is right for you. Her approach is sometimes direct but always committed, and she uses clear analyses to help you get on the right track.

Mervyn Nankoe has over 5 years of experience as a career counsellor, coach and trainer, the past 2 years in academia. He has worked at Schouten & Nelissen, one of the largest training agencies in the Netherlands. He

is specialized in guiding PhD's and post-docs towards the next step in their career, inside or outside academia. Mervyn is able to connect your skills and character traits to a suitable next career step. Because of his marketing background, he can help you to position yourself on the labour market in an authentic way.

Practical information

PhD candidates

PhD candidates can participate for a fee of € 695. For VU-paid PhD candidates (employees of the VU) the costs will be borne by your faculty and can be settled with the transition fee. Every PhD student whose employment lasted at least two years is entitled to this fee.

If you are an external, self-funded PhD candidate, please consult your graduate school or department prior to applying and check if you can use their cost center and paying those costs to them. In order to register, you need at least an internal cost center number so that we can charge the costs.

As a PhD candidate, you can participate in the training in the context of the training courses organized within the graduate schools, based on the doctorate regulations. PhD candidates receive 1 erts for their participation.

Post-docs

Post-docs can participate for a fee of € 695 with approval of their manager. The costs can be settled with the transition fee. Post-docs whose employment lasted at least two years are entitled to this fee.

Registration and cancellation conditions

You can register using the HR Training programmes registration form. By filling in and submitting the registration form, you are agreeing to the cancellation conditions for this training.

Contact information

For more information please contact: Carin Maas, training_programmes.hrm@vu.nl or 020 59 83049.