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TUM Graduate School  
Technische Universität München



October 24, 2023

## Transferable Skills Training Newsletter



Woman sitting on a trunk in the middle of the woods  
(Image: pexels.com)

Dear doctoral candidates,

In today's rapidly changing academic world, doctoral candidates face different types of challenges that require more than just academic skills. As the pursuit of a doctorate has become more and more multifaceted, the importance of cultivating skills such as resilience, stress tolerance and flexibility could define your professional future. Often when we speak about *Future Skills*, we ignore that these qualities are now seen as essential for success in the competitive and dynamic world of doctoral research. *Resilience*, the ability to recover from setbacks, facing obstacles like experimental failures or complex data analysis or being able to persevere and maintaining a sense of well-being throughout the doctoral process. *Stress tolerance*, to manage stress effectively in order to make better decisions while maintaining physical and mental health. *Flexibility*, the ability to adapt to changing and evolving situations, being able to take advantage of new opportunities and bring fresh perspectives to their

research. For this reason, we at [TUM Graduate School](#), would like to present one of our new courses: [Get Resilient!](#), where participants will learn skills for emotional regulation, sharpen their emotional awareness, gain techniques to reduce anxiety and stress, and understand how to use reframing strategies to make situations more manageable. We are confident that these are the pillars that allow doctoral candidates to not only be confident and calm during their doctoral journey, but also to succeed in the pursuit of new knowledge and discoveries.

With our [Transferable Skills Training](#), you will find many other courses related to our focus topic: ***Future Skills - Key Competencies for a Transforming World***. Don't miss the opportunity and sign up now!

If you would like to receive information about news or exciting events for doctoral candidates, have a look at our [website](#) and don't forget to subscribe to our [TUM-GS Newsletter](#) and find out more about our offer!

## “What's new?”

### Special Kick-Off Seminar in January

TUM Graduate School is offering a one-off, [Special Kick-Off Seminar](#) on January 16, 2024 with 300 places. **This date is open to all doctoral candidates who have been on the doctoral candidacy list for longer than one year.** In particular, this date is intended for those who urgently need to attend the Kick-Off Seminar in order to complete their doctorate. Check out all dates and conditions on our website!

All other doctoral candidates please register for a Kick-Off Seminar in Raitenhaslach (registration is already open) or register for our online seminars if you comply with the requirements.

We look forward to seeing you soon ☺!



Kick-Off Seminar 2023  
(Image: TUM GS)

## “Inside the courses”

### Dein New Leadership Mindset *Soon! Book your spot now!*

The working world has become increasingly complex for organisations and the people within them. In this rapidly changing world and working environment, leadership is also becoming more complex and requires a high degree of adaptability or agility. In this compact one-day format, we explore what New Leadership means and what competencies are required. The focus is on individual strengths. The learning objectives for this course are to learn more about New Leadership, New Work, Personality, Strengths and Basic competencies for a New Leadership profile.



Picture of a group of people  
(Image: pexels.com)



November 09, 2023

09:00 – 17:00 hours

Online | German

Register

### Wissenschaftliches Schreiben - mit kreativen Methoden leicht gemacht *Soon! Book your spot now!*

Who would have thought that academic and creative writing could go so well together? In this seminar, you will learn how to use creative writing methods to make writing projects a success right from the start. You will learn to structure scientific topics intuitively, to find starting points and to make texts more understandable and appealing. In short, you will discover the possibilities of writing, develop your writing skills and work on your style. The learning objectives for this course are to learn more about how to properly organise writing projects, how to structure content, and how to recognise and improve stylistic sins.



Picture of a person typing on a laptop  
(Image: unsplash.com)

November 13 – 14, 2023

09:00 – 17:00 hours

Campus Garching | German

Register

### Mindfulness for stress relief

In this workshop, we will jointly address such and similar (negative) emotional states during doctoral studies and develop a more productive way of dealing with them. After all, our emotions are not unchangeable facts to be regretted. Rather, they are conscious states that can be actively managed. This, in turn, makes it possible to do a doctorate not only more productively, but also more stress-free and healthier. The participants are enabled to identify those emotions that have a problematic effect on their own work on their doctorate. The joint exchange of ideas, relevant theoretical input from research, and practical exercises will then enable a new way of dealing with selected (negative) feelings.



Picture of a man watching the sunset  
(Image: unsplash.com)

November 14, 17, 21, 24, 28 & December 01, 2023

12:00 – 13:15 hours

Online | English

Register

### Get Resilient!

Resilience has been proven to help people not only succeed but also to thrive when facing obstacles and stress. Managing change is a challenge and can often leave us feeling low on emotional and mental resources, but thankfully resilience and grit are something that can be learned and trained. This workshop focuses on identifying and building the elements that make us mentally and emotionally resistant to stress and pressure. Through this course, participants should be able to use tools from Cognitive Behavioural Coaching and Positive Psychology to manage stressful situations; use re-framing strategies to gain new perspectives and understanding of situations; and learn techniques to regulate emotions.

November 20, 2023

09:00 – 16:00 hours

Campus Garching | English

Register



Picture of scrabble tiles  
(Image: pexels.com)

### All Women - Drive your life!

This highly interactive workshop focuses specifically on women gaining self-awareness, seeking greater self-knowledge, but also on discovery and looking for further career options. We want to inspire you to drive your life, by developing your entrepreneurial mindset. In our hands-on approach, you will design your own *Entrepreneurial Empowerment Profile*, get familiar with agile tools and methods and learn from revolutionary female role models. The interactive group work during the workshop session helps to ground you in who you are and what you value.

November 28, 2023

10:00 – 13:00 hours

Online | English

Register



Picture of a group of women  
(Image: pexels.com)

### Kompetenzen für eine Welt im Wandel

*Mapping future skills in your profile.* Transformative skills are becoming increasingly important for companies and public sector employers; they are fundamental to being bold agents of social change. A closer look at the competencies reveals that they are all used and thus trained in the context of scientific work. In this workshop, participants analyze and evaluate the concrete activities in which they apply and train the respective competencies in their scientific work and develop ways to name and describe these competencies. They develop an action plan on how they can close any competence gaps that may still exist during their doctoral studies, i.e. how they can specifically expand their competence profile.



Picture of a board with post-its  
(Image: unsplash.com)

December 05, 2023

09:00 – 14:00 hours

Online | German

Register

## Courses now open for booking



### Personality & Self-Management

[Mindfulness for Stress Relief](#)

November 2023 (see DocGS for exact dates) | Online | English

[Get Resilient!](#)

November 20, 2023 | Campus Garching | English

[Produktive Gelassenheit](#)

November 23 – 24, 2023 | Online | German



### Communication & Methodological Competence

[Eyecatching Posters erstellen](#)

November 08, 2023 | Campus Garching | German

[Wissenschaftliches Schreiben - mit kreativen Methoden leicht gemacht](#)

November 13 – 14, 2023 | Campus Garching | German

[Scientific Paper Writing Basics](#)

November 16 – 17, 2023 | Campus Garching | English

[Storytelling mit Daten](#)

November 23 – 24, 2023 | Campus Garching | German

[Agiles Projektmanagement: How to Scrum in der Forschung](#)



November 30, 2023 | Campus Garching | German

## Leadership & Responsibility

[Dein New Leadership Mindset](#)

November 09, 2023 | Online | German

[Coaching Skills for Academic Leaders](#)

November 13 – 14, 2023 | Online | English

[Fit for Leadership](#)

December 07 – 08, 2023 | Campus Garching | English



## Science & Research

[Überzeugende Forschungsanträge schreiben](#)

November 29 - 30, 2023 | Online | German



## Entrepreneurship & Startups

[All Women - Drive your life!](#)

November 28, 2023 | Online | English



## Business & Industry

[Bewerbungsstrategien - Marketing in eigener Sache](#)

November 09, 2023 | Online | German

[Grundlagenseminar „Betriebswirtschaftslehre in Finanzen und Controlling“ für Promovierende](#)

November 28 – 29, 2023 | Online | German

[Kompetenzen für eine Welt im Wandel: Future Skills im Profil abbilden](#)

December 05, 2023 | Online | German

## Additional offers

[Kompaktkurs Literaturrecherche für die Dissertation \(UB-TUM\)](#)

Focus on Medicine

November 07, 2023 | Online | German

[Der Weg zur Publikation \(UB-TUM\)](#)

November 08, 2023 | Online | German

[Compact Course Literature Research for Your Dissertation \(UB-TUM\)](#)

November 10, 2023 | Online | English

[Urheberrecht in der Lehre \(UB-TUM\)](#)

November 13, 2023 | Online | German

[Zitieren statt Plagiierten \(UB-TUM\)](#)

November 22, 2023 | Online | German

[Research Data Management \(UB-TUM\)](#)

November 24, 2023 | Online | German

[From PhD to Innovator \(Young Entrepreneurs of Science\)](#)

March 07 - 08, 2024 | Online | English

Application time: January 08 – February 29, 2024

[English Courses for Staff \(TUM Sprachenzentrum\)](#)

WiSe 23-24 | Online and on-site | English

[Nature Master Class \(TUM ForTe\)](#)

WiSe 23-24 | Online | English

[Postdoc Workshops \(TUM ForTe\)](#)

WiSe 23-24 | Online and on-site | English

[Postdoc101 Talks: Online-Ringvorlesung für Postdoktorand:innen \(TUM ForTe\)](#)

WiSe 23-24 | Online | English

Please do not hesitate to contact us if you have any questions. Also, if you have any ideas for courses, we are always happy to receive your suggestions.

Best regards

Your team Qualification Program at TUM Graduate School



Karla Urquía, M.A.  
Qualification Program

Tel. +49.89.289.10611  
[urquia\(at\)zv.tum.de](mailto:urquia(at)zv.tum.de)

Technical University of Munich  
TUM Graduate School  
Boltzmannstraße 17  
85748 Garching

Tel: +49 89 289 10600  
Fax: +49 89 289 10606  
[courses@gs.tum.de](mailto:courses@gs.tum.de)  
[www.gs.tum.de](http://www.gs.tum.de)



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