BIST COURSE | Empower: Leadership Training for Postdoctoral Scientists

ALICIA MARIN

May 21, 2024 to June 18, 2024
10:00 to 14:00
Mir-Puig Elements room

This is a 16-hour face-to-face training consisting of 4 workshops of 4 hours each, created to equip postdoctoral scientists with practical tools to take on a leadership role in sustainable manner, both for themselves and for their teams

Dates:
21/05 and 4/06 at ICFO (Castelldefels);
11/06 and 18/06 at Pavello Garbi (La Maternitat, BCN).
All sessions from 10.00-14.00
Target audience: Post-doctoral researchers and junior group leaders
Available places: 4

Training content:
Workshop 1: Leading Yourself
The session focuses on establishing the framework of the programme and generating commitment in participants for their role as leaders. On the other hand, participants will become aware of how humans think, feel and act. They will work on the competences of emotional intelligence, starting with self-awareness, to reach satisfactory relationships with others at work.

Expectations and objectives of the program
Working alliance
Brief introduction to Daniel Goleman's model of emotional intelligence Self-awareness: Beliefs, values, and actions
Time Management: Importance of effective time management for professional growth and

Workshop 2: Leading Others
The session focuses on knowing different styles of communication are required for successful leadership; fundamentals of leadership in practice.

Communication skills for leading and motivating a team (active listening, assertiveness, how

to say no, asking questions)
Mintzberg's managerial roles
The art of delegating well

Workshop 3: Leading your Career
The session focuses on empowering participants to take the reins of their own professional career

Conflict resolution strategies for maintaining a positive work environment.
Win-win Negotiation Style
Setting career goals and developing a long-term vision, SMART Goal definition
Tips for successful networking: a scientific approach

Workshop 4: Mental wellbeing for a sustainable career
Working in a scientific environment is energizing and very competitive this session will provide practical tools to manage stress and develop resilience.

Recognizing signs of stress and burnout
Strategies for managing stress and maintaining mental health:
Promoting work-life balance for enhanced productivity
Cultivating resilience and coping mechanisms in a demanding academic environment
Individual action plan
Programme closure

Registration deadline: May 14, 2024
Hosted by: Academic Affairs