

WORKSHOP DESCRIPTIONS

NWO-I Young Scientists' Day - 7 December 2017

1. What a Personality! (with actor)
2. Effective Network Conversations (with actor)
3. Keep your brain fit handling your workload
4. The Art of Presenting Science
5. The Art of Scientific Writing
6. Starting a Science-based Company
7. Setting direction for your future career: integrating your capabilities and drives.
8. Shaping your Career outside Academia
9. Yoga workshop

1. What a Personality! (with actor)

By ElroyCOM Training

A powerful personal charisma has great effect on your capacity to captivate people. It helps you to stand out and be noticed. Improving your personal charisma will aid you in network conversations, job interviews, management skills and professional presentations. Work on these skills and make people believe in you!

We share tips and tricks that help you to captivate your audience with your powerful presence. How to be authentic, open, accessible, trust-worthy and how to speak with self-confidence. A workshop you won't easily forget!

ElroyCOM Training consists of more than 20 academic trainers that specialize in the training of post-master scientists. They have trained more than 11.000 scientists over the last 12 years.

2. Effective Network Conversations (with actor)

By ElroyCOM Training

This workshop is all about networking as a conversation skill. With these skills you can find help during your PhD, but also make professional friends that can further your career. With the help of a professional training actor, we practice how to approach someone at a meeting or conference. How to prepare for a network conversation. What questions to ask. How to create interest in what you do and who you are. How to persuade someone to set up a cooperation. This fun and very active workshop will help you to increase your professional visibility by networking!

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3. Keep your brain fit handling your workload

By ElroyCOM Training

About 70% of all scientists in The Netherlands have great difficulty handling their work load: they feel stressed. This is also very common among PhDs: they are either so enthusiastic about their research that their brain doesn't stop thinking, or they worry about stuff. We inform you on the strengths and weaknesses of our brains, and how to keep them in shape. We also practice some simple science-based exercises to increase your mental resilience: clear your mind, practice thinking straight, learn to focus and concentrate. This workshop helps you to relax more and enjoy your work - and life - rather than be stressed about it.

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4. The Art of Presenting Science

By Artesc – Artists for Education Science and Communication

FOM was the first to offer a three-day presentation course to their PhD students, devoted to the use of theatrical and narrative techniques. This new approach results in presentations that are quite different from what we are used to. The benefits are an increased attention of the audience, better display of the content, a greater confidence about giving a presentations and an increase of authenticity and flair. This workshop shows you the first secrets of theatre and how to use these in your presentations.

Artesc (www.artesc.org) was founded by dr.ir. Gijs Meeusen, a former FOM PhD student. Since 2004 Artesc gives a (3-day) FOM course with the same name as this short workshop.

5. The Art of Scientific Writing

By Artesc – Artists for Education Science and Communication

Communicating your findings in written way provides substantial challenges, both for the writer and the reader as well. The first problem; normal communication is done by talking. And in the unnatural communicative setting of writing, many of us start to write unnatural language and overcomplicated sentences. Not strange that scientific writing often results in a poor display of ideas and heavy reading. Professional writers face the same challenge of facing an empty screen or a white piece of paper. They also have the task of communicating their ideas to an invisible audience in the future. Why not team up and see what we can learn from professional writers? In this workshop you will investigate some of the solutions writers found to get a text to communicate like an intelligent voice inside your head.

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6. Starting a Science-based Company

By Prof Marco Beijersbergen (cosine)

Companies bring technology to the market, and small companies can be very flexible in doing so. There are many opportunities to go to the market with the results of academic research. But how do you go about this? Should you work together with an existing company, or start your own? What is important if you start a company, and what do you need? Is it something for you? And what can you expect in the future?

Based on his own experiences, Marco Beijersbergen will discuss with the participants many aspects involved in starting, building up and leading your own company.

Marco Beijersbergen is a former FOM PhD student. He is founder and director of cosine, a company that develops advanced measurement systems for industrial, space and scientific applications, and several spin-off companies. He is also extraordinary professor at Leiden University, and gives lectures and workshops on science-based entrepreneurship.

7. Setting direction for your future career: integrating your capabilities and drives

By Dr. Chiat Cheong (Qia consultancy & training)

How do you arrive at the decisions that determine your career after your PhD or postdoc? The options may be far more extensive than you may imagine, especially in today's world. So what is going to determine these choices? Your knowledge, your capabilities, the opportunities that just happen to arise? At this workshop you will be challenged to discover your PhD Power and the internal factors that drive you in what you do: Important insights that will support you in evaluating career options for your future.

8. Shaping your Career outside Academia

By Drs Harry Linders (Bureau Loopbaanplanning)

After four years your PhD project will end. You should start considering your next career move in good time. Some of you will probably stay in science. Others will look for a job outside academia. This last group, in particular, will find it hard to make the right choice, as the world outside science is still fairly unknown. Talking with people who have been working in a company or a specific line of business for some time is an ideal way to find out what suits you best.

This workshop teaches you how to have an effective conversation. A couple of former FOM PhD students will be in the workshop and are happy to answer questions and share their experiences with you.

Harry Linders is a certified career counsellor. He has been giving the FOM course 'Loopbaanplanning' for about 20 years. An English version of this course is also available ('Career planning'). Harry also gives individual counselling to FOM PhD students looking for a job outside academia.

9. Yoga workshop

By Sandra Hesping (NWO-I)

Ready to increase your flexibility, relief stress and boost your immune system?
These are just some of the health benefits of Yoga.

Yoga is considered as an effective instrument for people from all walks of life and levels of fitness, whether or not you have a stiff body or a rigid schedule. Its extremely therapeutic and healing effects help to find a good work life balance and maintains your well-being when times are getting tough. In my understanding Yoga is not only a way to keep balanced, but also a source of inspiration for those who want to make a difference and achieve something in life.

The re-balancing practice encompasses principles that strenghtens and tones the body, release tensions and harmonize the nervous system.

The Yoga workshop gives you the opportunity to deeply explore the practice of Yoga poses, including appropriate inversions, twists, forward and back bends.

What to bring

Please have clothes that you can comfortably move in. We have mats and props for available for everyone.

Sandra Hesping is a trained Hatha and Yin Yoga teacher.

Hatha: Yogalife teachers training in Goa 2015, instructor Sanjeev Bhanot (200h (RYS) recognised by Yoga Alliance USA)

Yin Yoga: teachers training in Delhi, instructor Savira Gupta in 2017 (100h (RYS) recognised by Yoga Alliance USA).