

Content of the Online-Workshops

Workshop 1: Business Basics (for natural scientists, limited to 12 participants)

- Strategic alignment: How is the basic positioning of companies based on products and markets?
- Internal management and control: How are internal company processes organized and the stability is guaranteed?
- Marketing mix: How do you find the right customers, draw attention to yourself and sell for a good price?

Workshop 2: Voice & Body Language (limited to 12 participants)

- Non-verbal vocabulary building – awareness building
- Use of voice, vocal expression & improvisation to get to know vocal potential
- Spontaneity in expression through spontaneous presentations
- Improvisation to enhance authentic, confident expression

Please note: before the workshop day, participants have to memorize a poem of their own choice. Additionally, the participants should make sure, that there is enough space around, 1 meter in all directions, as the course will be interactive.

Workshop 3: Job Hunting (limited to 12 participants)

- Determine and proactively sell your unique skillset
- Make a lasting positive impression in interviews
- Reliably determine a career/job that is right for you & then get that job
- Gather the information & skills needed for salary negotiations
- Access the hidden job market of unadvertised positions
- Actively manage the progress of your search
- Give yourself the edge over others using CV and covering letter
- Become the “preferred candidate” or even have positions created for you.
- Job hunt in a way that is interesting and less demoralising
- Discover and realistically assess your marketable skills
- Reliably determine the company / sector / next step that is right for you
- Access the hidden job market of unadvertised positions
- Actively manage the progress of your search (rather than send your CV and hope for a positive response)
- Give yourself the edge over others who use the more traditional methods of CV and covering letter
- Become the “preferred candidate” or even have positions created specifically for you.
- Gather the information needed to aid the job hunt and salary negotiations

and Presenting TED Style

- Determining the overarching message
- Capturing the audience’s attention
- Judging your audience

- Which slides to use and which to cut out
- Movement and body language
- Inspiring action

Workshop 3 consists of two different parts. If you are interested in this workshop, please give me a short feedback, which part you would prefer to participate. Or another option is to mix the content of both topics. In any case please send me an e-mail: sedakat.altinpinar@rub.de. So, we can organize this workshop more essentially.

Workshop 4: Stressmanagement (limited to 8 participants)

- "What is actually stress", based on the Lazarus model: individual handling and stress experience: my ability to react to the environment
- State management / State Control: Differentiation between emotio and ratio: recognize, experience, handle different states
- View of further resilience columns