

Coronavirus crisis response: Online offers from Scienza

Our online offers are composed of real-time video or audio conferencing supported by offline, individual work. In principle it should be possible to dial-in by phone. With input and feedback from our experienced trainers, our online workshops and coaching packages offer room for exchange and are—as always—oriented towards the needs of the participants.

We are offering a special programme in response to the coronavirus crisis for individuals and institutions, outlined below. Our usual programme is also available in online formats. We offer seminars and coaching on the themes of career development, leadership, conflict management, gender and diversity, and self-presentation. You can find an overview at www.scienza-berlin.de/training.

For all

Home Office: How to make it work

Half-day workshop

Working from home is not as easy as it sounds. How do I structure my workplace? What should I do about my housemates (large and small) while I am working? How do I find a rhythm? How do I deal with my own demands and those of others? How do I handle feeling unproductive? The workshop offers suggestions and approaches for a productive home office.

On video: presenting yourself professionally online

Half-day workshop

Since the crisis much of our professional lives have moved to video chat: team meetings, job interviews, supervisions, or meetings with partners and collaborators are all taking place online. This workshop explores the intricacies of presenting yourself on video, from managing the technical side of things smoothly to choosing the right background. How can I appear professional? What should I keep in mind while I speak? With tips and tricks from our experienced trainers, as well as space to try things out and exchange ideas.

For doctoral students

Resilience and self care during the coronavirus crisis

Half-day workshop

Doctoral studies are often a demanding time in and of themselves. The pressure has only intensified during the current crisis. Spatial distancing has increased the risk of feeling isolated at home. Many activities students relied on for contact and self care have become impossible. In this workshop participants discuss the current challenges and develop strategies for dealing with them.

Finding Motivation: Writing, goal-setting, and routine in the crisis

Half-day workshop

Many of us struggle with writing at the best of times. Working on your doctoral thesis at home in the context of the crisis only compounds these issues. This half day online workshop offers strategies for getting and staying motivated, removing writer's block, building a sustainable writing routine, and tackling the particular writing difficulties presented by the crisis from laboratory/library closures to taking care of the kids. Participants will have the opportunity to exchange their experiences with other doctoral candidates along with input from the trainers.

Managing your doctorate during the crisis

Moderated peer coaching group with 6 sessions of 1.5 hours each (weekly/14 days)

Managing your doctorate from home while adapting to life in the crisis can be challenging. This peer-coaching group will explore the pressing issues arising from the situation: e.g. how to get organised, practicing self-care, dealing with procrastination, how to stay in communication with supervisors, dealing with lab or library closures. Exchange experiences and mutual support with other doctoral students. Includes trainer input and moderation. Regular meetings motivate and support participants and reduce the stressful effects of isolation.

For team leaders and PIs

Leading from home: a guided tour

2 x half-day workshop

Leading from the home office raises many issues that go beyond "normal" leadership: What can I expect of my employees? How do I find a balance between trust and control? How can I create team cohesion? What decisions should I make? What lessons and insights could I carry forward from the current crisis? With trainer input and the opportunity to share experience, this workshop aims to support participants as they navigate themselves and their teams through this challenging situation.

Part 1: Leading—Basic principles & tactics for leading "spatially distributed" teams

Part 2: Organization of online meetings, team cohesion

Working from home: Routine, organization, and self-care

Half-day workshop

The pandemic has put many managers in crisis mode. Decisions must be made under pressure and the line between challenge and overwhelm is easily blurred. As pressures increase, difficult questions have to be answered: Who has to stay home? Does the lab need to put emergency regulations in place? What do I do about sick employees? Where does my duty of care begin and end? Which events have to be cancelled, which postponed, which moved online? This workshop offers suggestions and strategies for organisation and self-care, as well as space for exchange between the participants.

Individual coaching

We offer individual coaching on issues and challenges related to the coronavirus crisis via phone or video conference. We'd love to hear from you!