**Emotional intelligence: why it matters**

**Description and objectives**
How we feel influences our perceptions, decisions and actions. Accurately perceiving how you and others feel, using these feelings to assist with the task at hand, understanding how these feelings arose and how they will change, and then managing to stay open to these feelings makes us efficient in our interaction with others.

Emotional Intelligence Theory describes four emotional key abilities:
- Perceive emotions accurately
- Use emotions to help you think
- Understand emotions’ causes and changes
- Manage emotions by including the data of emotions in our thinking, decisions and actions

In this workshop you will learn to explore how these skills matter in interacting with each other and how they can potentially impact your teaching. At the end of this workshop, you will be able to give a definition of the emotional key abilities and identify which of these strengths you would like to leverage and which could become development opportunities for you.

**Approach**
In this experiential workshop you will be introduced to the key concepts and then explore experientially how each of the key abilities could be applied and translated into concrete situations at the work place.

Based on your understanding and learning from the role plays you will be encouraged to define personal strategies in how to leverage and/or develop your own emotional skills.

**Trainer**
Silke Mischke, cognitive psychologist and executive coach

**Academia, ResearchGate, Twitter… : Réseaux sociaux et visibilité sur internet**

**Description et objectifs**
Difficile pour les chercheuses et les chercheurs d’être bien visibles sur internet et de se créer une véritable identité numérique professionnelle ! Face à la multiplication des outils et services disponibles, cet atelier apportera des pistes et des conseils pour rendre visible son profil et ses publications de manière positive et valorisante, en fonction des moyens et des buts de chacune.

Cet atelier vous propose de :
- Comprendre l’importance de la visibilité individuelle dans le contexte actuel de la science ;
- Découvrir et distinguer les principaux réseaux sociaux utiles aux chercheuses ;
- Connaitre leurs intérêts et leurs limites par rapport à d’autres services de présence en ligne ;
- Connaitre les dispositifs de partage et de veille au regard de son objet de recherche et de ses communautés ;
- Définir son implication personnelle en ligne afin de promouvoir son profil et ses résultats scientifiques.

**Approche**
Alternance d’exposé, démonstrations, échanges collectifs et travaux pratiques individuels.

**Animation**
Aline Bouchard, co-responsable de l’École nationale des chartes, URFIST, Paris

**Number of participants**

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<th>Dates and location</th>
<th>Number of participants</th>
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<td>6th &amp; 19th March 2020, EPFL</td>
<td>16</td>
<td>1st October 2020, University of Lausanne</td>
<td>2nd April 2020, University of Geneva</td>
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**Pushing back against everyday sexism**

**Description and objectives**
This workshop seeks to increase your skills in identifying and countering potential negative effects of sexism in your lives. During the workshop, we will practice techniques and approaches to respond to various professional situations (including those brought by participants). The focus will primarily be on addressing bias encountered in other people; however, we will also explore how we have each internalized some beliefs that are not necessarily coherent with our professed views.

The workshop will follow a 3-part structure:
- **It’s still alive!** – Recognizing and challenging sexism in your life (micro-aggressions, intersectionality, implicit bias, mansplaining)
- **Sisterhood** – Finding mentors and supporting others (amplifying, spotlighting, networking, avoiding anti-mentors)
- **Self-Care** – Choosing your battles and developing your internal compass (self-confidence, legal resources, work/life balance)

**Approach**
This workshop is resolutely participative and will employ multiple strategies to promote personal reflection, small group discussion and collaborative problem solving.

**Trainer**
Siara Isaac, pedagogical advisor, Teaching Support Centre, EPFL

**Facilitation techniques for working groups**

**Description and objectives**
This workshop will allow you to explore and pilot different approaches and techniques for managing a small team or leading a team on a specific project.

**Specifically, it will assist you with:**
- Setting the tone and making the ‘right’ impression in a new group
- Establishing effective habits for discussion and debates in the group
- Imposing appropriate tools for decision making
- Implementing strategies for resolving disagreements
- Managing subordinate, superordinate and peer interactions
- Ensuring a project advances and keeps to schedule
- Developing your personal leadership style

**Approach**
Participants will work individually and in small groups on a variety of reflective and practical exercises designed to assist them in identifying and developing techniques, which fit with their personal leadership style. Each participant will have the opportunity to role play leading a group discussion and to receive constructive, individual feedback from the group.

**Trainer**
Siara Isaac, pedagogical advisor, Teaching Support Centre, EPFL