Self-empowerment: discover how to build your power to act

Description and objectives
- How could you feel more competent, worthy, valuable, and capable of doing things? What would enable you to address adversity with calm and resolve?
- How could you create conditions around you that would foster your ideas and projects?
- How could you develop courage to fight for what is important to you and to say No to what is not?

Although these questions seem very personal, they are actually widely shared and universal. Most people have doubts and struggle at times with their self-image, self-acceptance and confidence. Research shows consistently that developing these aspects is highly correlated to coping with life challenges, and emotional well-being.

This workshop is designed to help you identify ways to foster positive self-image, to transform limiting beliefs into self-compassion, and to increase your “power to act”.

Approach
Through experience sharing, discovery of tools like cultivating self-care and mindfulness, as well as via the analysis of concrete situations, each participant will be able to make another step on her/his path of professional and personal growth.

Trainer
Nir Zalts, expert for leadership and professional development

Number of participants 8
Dates and location 11th & 12th May + 18th June 2020, EPFL
Registration opening 30th March
Duration 2 consecutive days (9h–17h) + follow-up session (9h–13h)
Contact bureau.egalite@epfl.ch

Finding and applying for funding in academia

Description and objectives
- Receive information about funding organizations and suitable funding possibilities especially for women researchers (Switzerland and EU) and in respect of the academic level and career planning
- Know the most important features about planning and preparing an application and a research project
- Practical exercises: analysis of the current own career situation and work on the first part of an application.
  This part will be prepared by the participants before the course starts and according to the trainer’s requirements
- Group coaching: participants present and discuss their career concept within the group and receive feedback by the trainer

Approach
Theory by the trainer combined with individual work, practical exercises, group discussion and feedback

Trainer
Dr. Susanne Matuschek, coach and consultant

Number of participants 10
Date and location 14th May 2020, NEW: ONLINE
Registration opening 2nd April
Duration 1 day (10h–16h)
Contact regard@unifr.ch

Writing and publishing in academia

Description and objectives
For PhDs and postdocs, academic writing is a necessary skill to master. Often, proof of this mastery is measured in the form of publishing in peer-reviewed journals. However, the publication process can be daunting for authors, new or experienced. Knowing more about the process can help writers better tailor their work to the specific journal sought and increase their chances of success in publishing.

After this workshop, participants will better understand:
- Who the players are in the publication process
- How to cite their work to avoid plagiarism, boost credibility, and support their arguments
- How to choose the right journal for their work
- How to adapt a paper that has been reviewed to increase their chances of publication
- What to include in cover and response letters to best communicate with reviewers and editors.

Although these topics are germane to many different scientific domains, this workshop will be aimed at publishing in the human and social sciences. APA norms will be referenced as examples for citation and avoiding language biases. By the end of the workshop, participants with all levels of writing and publishing experience should be able to confront the process more confidently in order to increase their chances of publication in peer-reviewed journals.

Approach
Presentation, discussion, and interaction in small and large groups will be offered to exchange experiences and tailor the workshop to the participants’ level(s) of experience with the publication process.

Trainer
Dr. Sarah Stauffer, psychologist FSP; editorial board member International Journal of Play Therapy, and clinical editor Play Therapy™ Magazine

Number of participants 15
Date and location 15th May 2020, University of Neuchâtel
Registration opening 3rd April
Duration 1 day (9h–17h)
Contact egalite.chance@unine.ch

Increase your assertiveness in institutional power games

Description and objectives
In the business world as well as in universities, strategies for power games and assertiveness become increasingly important with each career step. For women, the “likability” requirement often represents an additional challenge. Have you ever experienced “games” being played with unspoken rules, not knowing how to act or play along? This workshop reveals and decodes unspoken rules and behaviour patterns, guides you in identifying scheming, traps and tricks, and shows you how to achieve greater room for manoeuvre and increased assertiveness.

Content of the workshop:
- Power dynamics in hierarchical organizations
- Decoding verbal and non-verbal language, symbols and gestures in daily power games
- How to make yourself seen and listened to in meetings and further relevant settings
- How to react to attacks and offenses

The participants
- Will get to know the essential rules in power games and how to play along
- Will be able to decide in any given power situation whether they want to participate in the game or not and thus gain more freedom of choice
- Will learn how to react to verbal and non-verbal attacks and offenses
- Will be able to make themselves heard and listened to

Approach
- Theoretical and evidenced based inputs about relevant mechanisms and models in power and status games
- Analysis of concrete power game situations and movie scenes
- Training of verbal and non-verbal tactics and strategies
- Exchange of experiences and peer feedback

Trainer
Lic.phil. Sibyl Schädeli, lecturer, coach ICF PCC, and consultant

Number of participants 14
Date and location 4th June 2020, EPFL
Registration opening 23rd April
Duration 1 day (9h–17h)
Contact bureau.egalite@epfl.ch