LE PROGRAMME REGARD

Le programme d’ateliers REGARD offre des outils concrets et pratiques pour leur carrière aux doctorantes, post-doctorantes et aux professeures. Les ateliers créent des espaces de discussion et d’échange d’expériences entre chercheuses. Leurs objectifs principaux sont le développement de compétences transversales et la mise en réseau des participants. La participation aux ateliers est gratuite pour les doctorantes, les post-doctorantes et les professeures des universités de Suisse romande, de la HES-SO et de l’EPFL. Les ateliers sont proposés en français ou en anglais.

The REGARD workshop programme offers female PhD candidates, postdocs and women professors concrete and practical tools for their careers. The workshops create spaces for discussion and exchange of experiences. Their main objectives are the development of transferable skills and the networking among participants. Participation is free of charge for PhD candidates and members of the universities of the French-speaking part of Switzerland, the HES-SO and the EPFL. Workshop language is either French or English.

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### Workshop topics
- Plan your academic career
- Project management for research
- Communication tools
- Personal development

### Target groups
- Assistants, PhD candidates
- Post-docs and all positions of the mid-level faculty
- MER and professors
- Gender mixed audience
- Some workshops are open to men

### Workshop topics
- Planification de la carrière académique
- Gestion de projets de recherche
- Outils de communication
- Développement personnel

### Public cible
- Assistantes, doctorantes
- Post-doctorantes, maître-assistantes, autres fonctions du corps intermédiaire
- MER et professeures
- Public mixte
- Certains ateliers sont ouverts aux hommes.

### Registration usually opens six weeks before each workshop and has to be done online over the programme’s website www.unifr.ch/regard. Once your registration is confirmed it is considered final. Withdrawal less than one week before the workshop, an absence from the workshop without excuse or explanation entail a fee of CHF 200.– (except in the case of force majeure).

### L’inscription aux ateliers est ouverte en principe six semaines avant la date de l’atelier et se fait en ligne sur le site internet www.unifr.ch/regard. Toute inscription confirmée est définitive. Un désistement intervenant moins d’une semaine avant l’atelier ou une absence non-excussée et non-motivée entraîne une participation aux frais d’un montant de CHF 200.– (sauf en cas de force majeure).

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### Project management for successful researchers

#### Description and objectives

After this workshop, participants will have methods and tools to successfully develop, manage and supervise research projects. They will be able to:
- Set project objectives
- Structure and plan a project
- Define roles and responsibilities in projects
- Create the project budget
- Manage risks
- Establish a communication plan
- Guide and control projects in a flexible and meaningful way.

The workshop addresses the following questions:
- What is a project and what are the main impact factors?
- What should I do to successfully complete my research projects?
- How should I structure, plan and guide my projects?
- How should I communicate with my stakeholders (prof., team members, sponsors, etc.)?

#### Approach

After a short introduction, participants should watch videos and apply the methods to one of their research projects. During the main online session, group activities will take place, the trainer will answer questions and give personal feedback. No prior knowledge of project management is required.

### Trainer

Dr. Carine Galli Maxzer, physicist, project manager and trainer, Cubisma Ltd.

- Number of participants: 10
- Dates and location: 1st & 26th February 2021, Online workshop
- Registration opening: 11th January 2021
- Duration: Introduction: 1h (1.2., 9h–10h)
  Video-based exercises (20h from 1.2.–24.2.)
  1-day workshop (26.2., 8h30–14h15 & 20’ personal feedback until 17:30)

### Contact

regard@unifr.ch

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### Pitching myself for industry – my roadmap for success

#### Description and objectives

Bridging the gap from academia to industry requires adapting our frame of mind, our discourse and our posture to a new and sometimes unfamiliar audience. We will together build your road map for change from academia to industry exploring what’s keeping you back, what drives you and how you can bring together your vision and your intention.

You will have the opportunity to:
- Define your drivers, your values
- Understand and manage your limiting beliefs and your challenges
- Consider what gaps need to be bridged for you to step into industry with confidence
- Build a roadmap to bridge the gap between your skills and the skills needed
- Exchange on how and where to identify job offers in industry that could benefit from your skills
- Learn how to communicate effectively to assert your potential and maximise your chances of securing that first interview
- Practice your “pitch” and the Q&A for the interview process
- Identify your allies and explore how to network
- Build a roadmap for a successful transition

#### Approach

This interactive workshop will focus on experiential learning and provide participants with an individualized road map on how to achieve the desired changes. It presents an opportunity to hone a “pitch” in a safe and expert group as well as an opportunity to build and consolidate a network of support.

### Trainer

Romaine Johnstone, certified executive coach, facilitator, and trainer; Johnstone Business Coaching

- Number of participants: 12
- Dates and location: 16th February & 20th October 2021, HES-SO Master, Lausanne
- Registration opening: 11th January 2021
- Duration: 2 days (9h–17h)
- Contact: egaleite&diversite@hes-so.ch