Viser l’équilibre : vers une gestion consciente du temps et de l’énergie

Description et objectifs
Plutôt que de se concentrer sur un nouvel outil miracle pour organiser votre temps, cet atelier adopte une approche personnalisée pour prendre du recul et améliorer votre connaissance de vous-même et de vos besoins, dans l’objectif d’optimiser votre gestion de votre énergie et votre gestion du temps.

L’atelier examinera les connexions entre gestion du temps et gestion de l’énergie, en prenant en compte le contexte académique et les carrières féminines. Il réservera une part importante à l’exposition individuels et de groupe pour développer la conscience de vos besoins, des fluctuations de votre attention et de votre énergie. En partant de vos situations individuelles, l’atelier vous permettra d’évaluer vos différents engagements – académiques et non-académiques – selon leur retour sur investissement. Cette conscience conduira à micro-et macro-planifier votre travail, votre vie privée et vos relations, afin de développer une approche saine et équilibrée de la vie privée et professionnelle.

Approche
Cet atelier repose sur une combinaison d’éléments théoriques, d’échanges dans le groupe et d’exercices individuels et de groupe. La participation à l’atelier inclut un suivi individuel env. trois semaines après l’atelier. Ce suivi sera adapté à votre rythme de vie et de groupe pour développer la conscience de vos besoins, d’échanges dans le groupe et d’exercices individuels et de groupe.

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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, Momentum For People Development

Number of participants 12
Dates et lieu
11 mai (atelier) & suivi individuel 24/25 mai 2021, Université de Neuchâtel
Inscription dès le 23 mars 2021
Durée
11 mai : 1 journée d’ateliers (9h–17h) ; 24/25 mai : suivi individuel par skype (date à choix)
Contact egalite.chance@unine.ch

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

Description and objectives
• 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, Momentum For People Development

Number of participants 8
Dates and location
18th & 19th May + 24th June 2021, EPFL
Registration opening
6th April 2021
Duration
2 consecutive days (9h–17h) + follow-up session (9h–13h)
Contact
egalite@epfl.ch

Pushing back against everyday sexism

Description and objectives
This workshop seeks to increase PhD’s and postdocs’ skills in identifying and countering potential negative effects of sexism in their 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 self-identified 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, man-spilling)
• 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, teaching advisor, Teaching Support Centre, EPFL

Number of participants 16
Date and location
27th May 2021, University of Geneva
Registration opening
15th April 2021
Duration
1 day (9h15–17h)
Contact
ateliers@unige.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 avoid 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 of the “International Journal of Play Therapy”; Clinical Editor of Play Therapy™ Magazine

Number of participants 15
Date and location
28th May 2021, University of Lausanne
Registration opening
16th April 2021
Duration
1 day (9h–17h)
Contact
egalite@unil.ch

Contact bureau.egalite@epfl.ch