

## Workshop program: “Looking after yourself and your career”

### Aims

- Give some practical skills and strategies to assist in planning the next steps of academic careers;
- Provide techniques to manage day to day schedules and to deal with stressful situations.

### Program

<i>Time</i>	<i>Content</i>	<i>Presenter</i>
9.00	<b>Introductions and overview of the workshop</b>	Wiebke Ebeling
9.15	<b>Career planning overview</b> <ul style="list-style-type: none"> <li>- Thinking strategically</li> <li>- Publications</li> <li>- Funding opportunities</li> <li>- Support and resources available</li> </ul>	University of Sydney Research Development and Collaboration team
9.45	<b>Expert panel discussion overview</b> <ul style="list-style-type: none"> <li>- Thinking strategically</li> <li>- Writing a great CV and dealing with career breaks</li> <li>- Unsuccessful grant applications</li> <li>- Career success by plan or happy accident</li> </ul>	University of Sydney scientists with strong success in different fields and different career paths
10.45	<i>Morning tea</i>	
11.05	<b>“Managing your career” I</b> <ul style="list-style-type: none"> <li>- Challenges osfn</li> <li>- Time and stress management</li> </ul>	Philip Pryor
12.30	<i>Lunch</i>	
1.15	<b>“Managing your career” II</b> <ul style="list-style-type: none"> <li>- Effective communication</li> <li>- Group discussion and practice session</li> </ul>	Philip Pryor
2.40	<i>Afternoon tea</i>	
3.00	<b>“Managing your career” III</b> <ul style="list-style-type: none"> <li>- Difficult conversations</li> <li>- Group discussion and practice session</li> <li>- How to develop a five-year career plan</li> </ul>	Philip Pryor
4.15	<b>Wrap up</b>	Wiebke Ebeling
4.30	<i>End workshop</i>	