

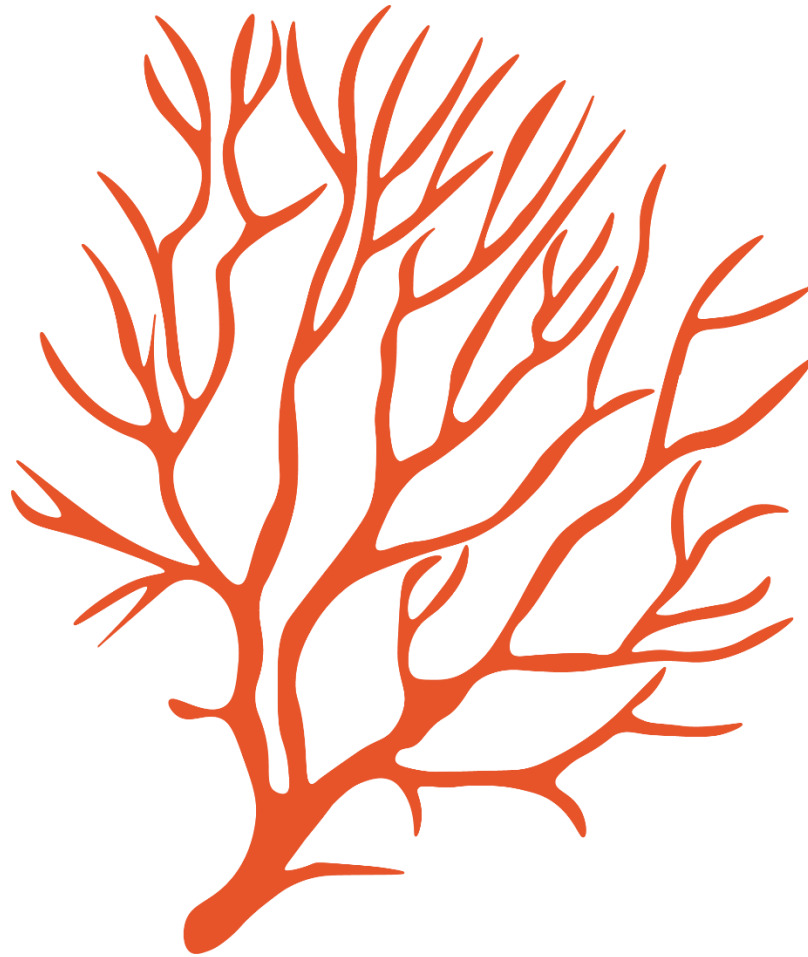


University of  
Zurich <sup>UZH</sup>

**ETH** zürich



University  
of Basel



# Handbook “Career Retreat”

SEPTEMBER 24 - 26, 2024

feminno program | 2024

## Table of Contents

Agenda.....	2
Day 1 – Sept. 24, 2024 .....	2
Agenda.....	3
Day 2 – Sept 25, 2024.....	3
Agenda.....	4
Day 3 – Sept. 26, 2024 .....	4
Careers - a result of planning and happenstance .....	5
Sandra Läderach-Biaggi .....	5
Design your life .....	6
Caroline Bucher .....	6
Who am I? – Self assessment (Strength, weaknesses, values, and standards) .....	7
Dr. Daniela Gunz.....	7
LinkedIn Training and Brushing up your profile.....	8
Dr. Daniela Gunz.....	8
Meeting Role Models – How to prepare .....	9
Dr. Daniela Gunz.....	9
What is needed in industry?.....	10
What is needed in a start-up? .....	11
Confidence.....	12
Dr. Nina Wolfrum .....	12
Self-Branding and Networking on Social Media: Why – How – When?.....	13
Dr. Daniela Gunz.....	13
The informational interview .....	14
Dr. Daniela Gunz.....	14
Services of the UZH Career Services .....	15
Dr. Daniela Gunz.....	15

# Agenda

## DAY 1 – SEPT. 24, 2024

9:00 – 9:45	WELCOME – GET TO KNOW EACH OTHER Dr Daniela Gunz, Coordinator feminno Program, Plant Science Center ETH Zurich / Career Services UZH
9:45 – 10:15	WELCOME – AGENDA OF FEMINNO AND CAREER RETREAT – GROUND RULES – HOUSEKEEPING - ACTION PLAN Dr. Daniela Gunz
10:15 – 10:30	<b>COFFEE BREAK</b>
10:30 – 12:00	CAREERS – A RESULT OF PLANNING AND HAPPENSTANCE Sandra Läderach, Career Services, University of Zurich
12:00 – 13:00	<b>LUNCH BREAK</b>
13:00 – 17:00	DESIGN YOUR LIFE Caroline Bucher, Career and Personal Counselor, be.learn.become  incl. <b>COFFEE BREAK</b>
17:00 – 17:15	ACTION PLAN UPDATE / WRAP UP

# Agenda

## DAY 2 – SEPT 25, 2024

9:00 – 12:30	WHO AM I? – SELF ASSESSMENT (YOUR STRENGTH, WEAKNESSES, VALUES AND STANDARDS) Dr. Daniela Gunz  incl. <b>COFFEE BREAK</b>
12:30 – 13:30	<b>LUNCH BREAK</b>
13:30 – 15:00	LINKEDIN TRAINING AND BRUSHING UP YOUR PROFILE Dr. Daniela Gunz
15:00 – 15:30	<b>COFFEE BREAK</b>
15:30 – 16:30	MEETING ROLE MODELS – HOW TO PREPARE Dr. Daniela Gunz
16:30 – 17:45	ACTION PLAN UPDATE / WRAP UP  <b>BREAK</b>
18:30 – 20:00	WHAT IS NEEDED IN THE INDUSTRY? – PANEL DISCUSSION

# Agenda

## DAY 3 – SEPT. 26, 2024

9:00 – 10:30	WHAT IS NEEDED IN A START-UP? – PANEL DISCUSSION
10:30 – 11:00	<b>COFFEE BREAK</b>
11:00 – 11:45	CONFIDENCE Dr. Nina Wolfrum, Career Services, University of Zürich
11:45 – 13:00	<b>LUNCH BREAK</b>
13:00 – 14:00	SELFBRANDING AND NETWORKING ON SOCIAL MEDIA: WHY – HOW - WHEN? Dr. Daniela Gunz
14:00 – 14:45	INFORMATIONAL INTERVIEW Dr. Daniela Gunz
14:45 – 15:15	SERVICES OF THE CAREER SERVICES AT UZH Dr. Daniela Gunz
15:15 – 15:45	FINALIZING ACTION PLAN / LESSONS LEARNED / LAST QUESTIONS / FAREWELL Dr. Daniela Gunz

## Careers - a result of planning and happenstance

**SANDRA LÄDERACH-BIAGGI**

We assume that a self-directed career is the highest aim of individuals. And we assume that it is helpful to know how a career could look like before you start navigating your own. As a start into the career retreat, we offer you some information about contemporary career theories, career resources and research strategies.

## Design your life

### CAROLINE BUCHER

Do you feel that you should know what you want to do with your career/life, but you aren't sure in which direction to head? Are you wondering about what steps to take next?

This intensive and hands-on workshop applies the innovation principles of design thinking\* to address the “wicked problem” of designing your life and career. We will focus on the integration of your work and worldview and build Odyssey Plans for three potential futures. We will also define ways to prototype compelling parts of these futures. Best of all, you will do this in a community of women who have come together with a common purpose and who will support you on this life design journey. This workshop includes assigned readings, reflections, discussions, and in-class exercises.

*\* This workshop is based on the #1 New York Times bestseller, *Designing Your Life: How to Build a Well-Lived, Joyful Life* written by Stanford professors Bill Burnett and Dave Evans. By leveraging proven design thinking principles used by leading companies such as IDEO, IBM, and Apple, you will learn how to apply that same approach to making your career and life decisions.*

## Who am I? – Self assessment (Strength, weaknesses, values, and standards)

**DR. DANIELA GUNZ**

### YOUR STRENGTH AND WEAKNESSES

This workshop comes with hands-on exercises. We will work on our strengths and weaknesses and will establish some practical examples.

### YOUR VALUES AND STANDARDS

Most of the people strive for a fulfilling job that makes them happy. We want to go for a job that makes sense to us, where we can contribute, and that fits with the values we have in life. What are our values and how can we find a job that matches them? In this part II of the workshop we will determine our own values and will discuss how we can check whether they match with the job we are looking for.



## LinkedIn Training and Brushing up your profile

### DR. DANIELA GUNZ

Today, social networking platforms have become increasingly important in the business world: LinkedIn is the most relevant business networking platform. It offers an effortless way to connect with life sciences professionals, share content (e.g., your own research, new journal publications or news) and look for jobs and companies.

The session will give you an overview of the relevance of LinkedIn, you will learn how to improve your profile and will get feedback on it from your peers. With that you are ready for the next steps: interaction, self-branding, and networking (see Day 3)

## Meeting Role Models – How to prepare

### DR. DANIELA GUNZ

As preparation to meet the panelists from the two panels discussions we have a closer look at whom we meet and prepare questions about what we want to know from them. Also, how, and why do we stay connected after these events in the feminno program.

## What is needed in industry?

Meet four professionals from the industry and learn more about their careers and the different job roles in the STEM fields. In a panel discussion, these women will give you insight into their jobs, tell us about their everyday life and what it needs to enter industry. This is the chance to ask your questions and get tips on career choices and career entry. Also, on the agenda: their experiences as parents in industry and how they manage their job and family.

Panel participants:

- Dr. Bettina Baumann, Country Manager Switzerland & Austria @ Alnylam Pharmaceuticals
- Dr. Aksana Labokha, CEO @ Rejuveron Life Sciences AG
- Samantha Paoletti, Head Research and Business Development, Life Science Technologies @ CSEM
- Dr. Greta Vastakaite, Senior Consultant | Pharma & Life Science Advisory @ PwC Switzerland

## What is needed in a start-up?

Meet four professionals from the start-up field and learn more about their careers and the different jobs roles in the life sciences. In a panel discussion, these people will give you insight into their jobs, tell us about their everyday life and what it needs to enter a start-up or found a start-up company yourself. This is the chance to ask your questions and get tips on career choices and career entry. Also, on the agenda: their experiences as parents in a start-up and how they manage their job and family.

Panel participants:

- Dr. Marianna Figuera, CEO and Co-Founder of Beyond Scroll SA
- Lucie Jandet, Co-Founder of Visienco
- Dr. Carolina Paganini, Founder of Checktor Biosciences
- TBA

# Confidence

**DR. NINA WOLFRUM**

An overview of confidence and the confidence gap in professional life and a quick guide to boost your own confidence. Based upon the book "The Confidence Code."

## Self-Branding and Networking on Social Media: Why – How – When?

**DR. DANIELA GUNZ**

Social networking platforms have become increasingly important in the business world as they offer an effortless way to share content (e.g., your own research, new journal publications or news) and discuss in groups about specific topics, establishing yourself as an expert in your field and create your own brand.

It is one way of networking and tackling the hidden job market, finding collaborators for your start-up, and becoming a brand for your services and company.

The session will help you to become more visible, understand the steps for self-branding and we will generate ideas that we can implement right away.

## The informational interview

### DR. DANIELA GUNZ

The information interview is a key strategy for building a network and recognizing career opportunities. It is not about a specific job but about getting information. It goes without saying that you can introduce yourself as well. With each information interview you lead, you will expand your network and become more confident. We will discuss what the purpose of the info is, whom you can interview, how to prepare and lead such an interview.

## Services of the UZH Career Services

**DR. DANIELA GUNZ**

A brief overview on the online resources, the planned workshop, the counselling and other activities of the Career Service of UZH.