



23 March 2023, 14:00-15:30

Remote workshop

Cathy Sorbara

Understanding Your Core Values and Purpose

Together we will explore your values and purpose through hands-on activities and group discussion. By doing so, you will gain greater self-awareness and clarity regarding your career journey. This will help you to focus your time and energy more effectively, define success on your own terms, say 'yes' to what matters to you (and 'no' to what does not align) as well as boost your confidence by knowing where you stand and what you stand for.

Bring your energy, curiosity and an open-mind for this engaging session.

Dr. Cathy Sorbara is a neuroscientist who worked for 10 years as a researcher in academia in Canada and Germany, studying neurodegenerative diseases. Now, she is involved in several non-profits where she works to establish key project management methodologies as well as develop communication material and workshops to create an impact both locally and globally. Cathy is passionate about helping people and businesses be more sustainable and empowering the voices of women and girls to create a more gender just society.

The event is aimed at female PhD students and postdoctoral researchers, max. 30 participants.

Please register by mail until 10 March: petra.metz@hu-berlin.de

Zoom link shared after registration