Monday, 14 June 2021, 9am – 12:30 pm
Tuesday, 15 June 2021, 9am – 12:30 pm

Remote workshop

Svenja Neupert

**Safety in uncertain times. A roadmap to internal and external stability and financial safety**

How has and will the pandemic change our lives, working styles and economic situations?
How can we master feelings of uncertainty, fear and stay calm, confident, motivated and on course of your own career with a good sense of belonging to academia – no matter what diversity background?

In this seminar you learn mental techniques for inner stability and orientation (inner compass) as well as external possibilities to become financially more safe by creating several income streams.

**Day 1:**
**Inner clarity - stability and orientation**
- Mental techniques to stay or become confident, positive and motivated
- How to feel “at home” as a sense of belonging as a world citizen - no matter where you come from or live at the moment
- Find your inner compass – Your clear big picture of a balanced career.

**Day 2:**
**Financial independence and agile planning methods in research and leadership**
- Setting career priorities with so many unknown factors
- How to set and follow clear targets in agile times
- Unconventional financial strategies to create your financial independence.

**Methods:**
Input, discussions, small group work.

**About the trainer**
Svenja Neupert, a speaker, coach, trainer, and organisational consultant, is an expert on Future Leadership for more than 25 years. Svenja will help you to discover unconventional approaches to your thinking and coach you to follow your talents. She believes that everyone can realize his or her unique potential in business life and have fun and fulfilment at work. ([www.kompetenzia-international.com/](http://www.kompetenzia-international.com/))

The event is aimed at female PhD students and postdoctoral researchers, max. 16 participants.

**Registration deadline: 1 June:** petra.metz@hu-berlin.de
Zoom link shared after registration