



8 October 2020, 1-2pm

## **Understanding Your Core Values and Purpose**

Webinar with Cathy Sorbara

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. But when she moved to England, Cathy decided to explore a different path. She became Chief Operations Officer of a start-up company called Cheeky Scientist, a global professional network that helps PhDs see their value and find meaningful work.

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

**Please register by mail until 2 Oct.:** [petra.metz@hu-berlin.de](mailto:petra.metz@hu-berlin.de)

Zoom link shared after registration