

## HOME TRAINING DAYS

### Online Workshop „Constructive communication and cooperation during the doctorate“

**Date:** Thu, 31 October 2024 + Tue, 5 November, each 09:00–12:00 hours

**Place:** Online via Zoom

**Trainer:** Dr. Alexander Egeling

**Target group:** doctoral researchers from all disciplines, max. 12

**Language:** English

### Content and approach

Most doctoral candidates are confronted for the first time with a work situation that demands a great deal of initiative and flexibility on one hand, but is also strongly characterized by hierarchy on the other. In this workshop, participants will learn which communication strategies can lead to the best possible cooperation within a working group and especially with their supervisor. The workshop also addresses how to deal with conflicts as constructively as possible or to avoid them. Participants will be given the opportunity to share their experiences and problems and to reflect on their own communication style. To this end, we will work with a role play and a personality test, among other things, and there will be the opportunity to receive tips for your own current challenges - all of this in a setting that is as supportive and inclusive as possible.

Specifically, the following topics will be covered:

- Theories of conversation and tips for good communication
- Communication and cooperation with superiors and bosses
- Reflecting your own communication style and how it differs from others
- Assessing, resolving and avoiding conflicts

### Trainer

Dr. Alexander Egeling is a certified trainer and coach with more than 10 years of experience in management, career and communication for scientists. He studied business administration (University of Leipzig, TU Freiberg and University of Adelaide/Australia) and completed his doctorate at the Institute for Human Resources and Labour (HSU Hamburg). During this time and afterwards, he was employed for several years at universities (TU Freiberg, UBC Vancouver/Canada) and in consulting companies as well as working independently.

More at [www.alexander-egeling.de](http://www.alexander-egeling.de)