

WOMEN^{IN} ACADEMIA

PANEL DISCUSSION & WORKSHOP

Fri, August 23rd, 2019
9:30 - 17:15
Guesthouse Königshügel,
RWTH Aachen



RTG 2416
Multi Senses
Scales

An event by the Research Training Group 2416 „Multi Senses – Multi Scales“:

This day aims to foster gender equality, raise awareness, address gender bias and its impacts. We hope to provide inspiration and support for the next generation of scientists to thrive in their academic careers.

A cordial invitation is extended to all genders to attend the morning program.

9:30 Introductory remarks by Nadine Mundt (RTG2416 doctoral researcher)

9:45 Prof. Dr. Marc Spehr (RTG2416 speaker)

10:00 Prof. Polina Lishko, PhD (University of California, Berkeley)

10:45 Q & A

11:00 coffee break

11:30 Prof. Dr. Geraldine Zimmer-Bensch (RWTH Aachen University)

12:15 Q & A

12:30 coffee break

13:00 Prof. Dr. Eva Neuhaus (Universitätsklinikum Jena)

13:45 Q & A

14:00 coffee break

14:15 – 17:15 Workshop “Play big” by Ellen Gürtler (for women only)

Available spots are limited. For registration to the podium discussion and/or the workshop, please send an e-mail to n.mundt@sensorik.rwth-aachen.de until

11th of August.

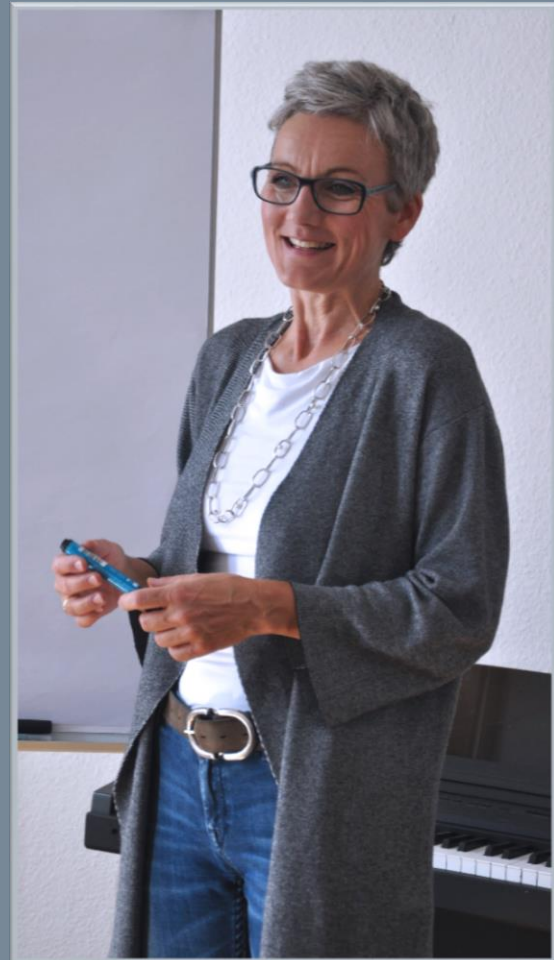
WORKSHOP: PLAY BIG

Do you know what your talents are? Do you know what the next bigger role for you might be? Do you wish to struggle less with fear and worries about what others think, which way to go or what ideas might be worth sharing? Do you know the voice that says "I'm not ready yet."?

This workshop is about how to make an impact in your own life and wants to encourage women to take up all the creative space they deserve in the world.

Together we will work on topics such as:

- How to relate to your self-doubt so it is not holding you back anymore.
- How to find your voice and speak up.
- How to use your body to tune into a resource-full state of mind.
- How to learn to work with our inner critics and find your inner mentors.
- How to take care of your boundaries and say "No".
- How to frame your creative expertise.



What you need is the curiosity to know yourself better, to work with your body, mind and emotions and to experience that vulnerability is a powerful strength and not a weakness.

Your coach is Ellen Gürtler. She is an expert on presentation and public speaking. She loves helping women to find their voice and their passion so they can stand up, speak up and show their brilliance.

She also works as a psychotherapist and a facilitator. She believes that you are your most important tool and that every change begins with changing yourself.

<https://www.ellenguertler.de/>

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