

HiTEC – Starter Pack

Scientific Presentation (2 days in Jülich)

This is an activity-based workshop led by a theatre professional which aims to help the speaker effectively communicate the importance and relevance of their work and the core message in their talk. The seminar provides participants the opportunity to perfect their public-speaking skills.

- Concisely introducing yourself: practice your “pitch”
- Engaging the audience in one’s talk
- Affirming the strengths and individual style of the speaker
- Improving body language and vocal quality
- Effectively communicating your core message and key points
- Develop strong tactics for dynamic communication
- Improve your overall “stage presence” as a speaker
- Receiving video-feedback

Participants will be required to prepare a **3 to 5 minute pitch or overview of their work** incorporating also the use of a slide. This will provide a basis for applying the practical aims of the workshop.

Trainer: Julie Stearns

Project Management (1 Day in Jülich)

The aim of this training day is to provide participants with the opportunity to consider their own doctorate as a project. They will be guided through the basic methodologies of project management, and will formulate clearly their own goal, scope and constraints.

The day includes exercises for self and group reflection; suggestions for further literature will be provided, together with documentary explanations of the following key learning outcomes:

- To be able to define a project
- To define the project scope of my own doctorate
- To understand better my own strengths and weaknesses as a project manager
- To be familiar with the tools of Classical Project Management, including work breakdown, activities and events, logical precedence, effort estimation, scheduling, monitoring and reporting
- To be familiar with the tools of Agile (Scrum) Project Management, especially stories, product owner, backlogs, sprints, reviews, retrospectives
- To be conscious of team roles and the value of improvements

The workshop will conclude with the opportunity for participants to contract with the group to actively test the usefulness of the techniques discussed in their daily research activities.

Trainer: Richard Harvey

Team Communication (2 days in a conference hotel)

Participants will learn how to enhance the productivity and output of their research group by making the most of the intercultural and interdisciplinary dynamics affecting their teamwork.

- Giving and receiving feedback to and from the other members of your research team.
- Becoming aware of and managing intercultural dynamics affecting the team's work.
- Conflict management: developing strategies to overcome conflictual situations.
- Identifying one's role within a team and making the most of one's contribution to it.
- Exploring the team's interdisciplinary challenges and turning them into opportunities

Trainer: Matteo Garavoglia

Training partner:



Qualitätsnetzwerk
Kompetenzentwicklung
in Wissenschaft

The school's training programme is specifically developed for HITEC students by one of the best providers in the field Impulsplus ([www. impulsplus.com](http://www.impulsplus.com)).

Impulsplus, Cologne, is an innovative training and consulting company that specializes in the areas of science and research. Since 2001, Impulsplus supports scientists on their career and advises universities and research institutions in the design of a strategic human resource development. Impulsplus is working in cooperation with the "coaching network science" (www.coachingnetz-wissenschaft.de), one of whose founding members includes Impulsplus CEO Dr. Anja Frohnen. Members of the Impulsplus-team are both researchers from engineering, social sciences as well as actors. Such a unique constellation and its synergistic effects contribute to the success of the HITEC seminars.

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