

Collegial coaching program

for female doctoral researchers at TH Köln

Goals

- Specific competence development
- Decision-making confidence in self- and project management during the doctoral period
- Strengthening of professional doctoral networks
- Support during the doctoral process

Contents

The doctoral process is rarely straightforward. As a doctoral researcher, you will be responsible for a complex research project with high intellectual demands, but also with an outcome risk. At the same time, you will develop scientific and professional skills that will lead to consistent career planning. Goal orientation, perseverance, careful planning, and a motivating environment are thus just as important during the doctoral period as the balance between the various duties related to the doctoral project.

The female doctoral coaching accompanies these challenges in the doctoral process by providing:

- Analysis of potential problems in advance
- Anticipatory structuring of processes
- Resource mobilization
- Competence development
- Change of perspective

The coaching offers you the opportunity to take a step back during the intensive work on your project, to look at your doctorate from a different perspective and to analyze the process from a meta-level. Using the format of collegial coaching, you will also implement a structure that allows you to generate individual and collective solutions in the group along the doctoral phases and challenges that arise. This way, you have the opportunity to develop successful self-management skills to optimize your individual success, which, in addition to the benefit of networking, also leads to successful career planning.

Coaching workshops

Ongoing program with regular appointments every 2-3 months

Next appointments: 23.10.'23, 15.01.'24, 11.03.'24, 10.06.'24 (all Mondays)

Duration: 3 hours each

Language: English

Number of participants: max. 7 per coaching group

Realization: Depending on the pandemic situation, virtual or on-site

Method: Collegial Coaching

In the format of collegial coaching, you will discuss process steps in the group, formulate further challenges and reflect on perspectives. This way, you can use individual solution strategies and concrete planning steps for your own project management.

The collegial coaching workshops allow you as female doctoral researchers to support each other during the doctoral phase in teams by:

- Reflection and documentation of steps regarding your progress in your doctoral studies (doctoral portfolio)
- Development of solution strategies and planning steps for your own doctoral project
- Training on the process and methods of collegial coaching
- Moderation and reflection of the coaching processes for the transfer into further professional self-management

Network possibility

In addition to the exchange in the coaching group, there will also be the possibility of a joint lunch break with all participants of the coaching program. The focus here will be on informal exchange among the doctoral researchers.

Individual coaching

We also offer a limited number of one-on-one coaching sessions on scheduled dates if you would like to join a coaching group, as well as for individual needs.

Your Coach Dr. Antje Schultheis



Foto: Michael Bause,
TH Köln

Antje Schultheis studied social sciences at the University of Göttingen and obtained her doctorate in political science from the University of Kassel in 2009. As a certified coach, she is active in various fields, including lecturing at numerous universities, coaching for professional development processes and for scientists. In addition, she founded the consulting and coaching company as.empowerment, which specifically focuses on coaching and consulting in the field of education. Antje Schultheis has been coaching female doctoral candidates at TH Köln since the beginning in 2016.

Application

Are you interested? If so, please send us an e-mail (graduatecenter@th-koeln.de) with the title of your dissertation, the name of your supervisor and the language you prefer. Together with the coach we will discuss in which group you fit best. Places are allocated on a first come, first serve basis.