



# Zurich Life Science Week



**An active training platform to best seize job opportunities outside academia**

**Program:**

**5 evening classes from 17h-19h & networking apero with the coaches at the final day**

**Location:**

**Irchel Campus, room Y13M12**

**Date:**

**June 12th – June 16th, 2017**

**Audience:**

**20 life scientists, Master students, PhD students and postdoctoral fellows**



**Applications deadline: 16/05/2017**

Submit your CV and a motivation letter (outline why would you like to participate in the course and how you plan to benefit from it) via the registration form at <http://zlsw-registration.lszysn.ch>, that you can find on our website. **Applicants will be notified at the latest on 25/05/2017.**



## Coaches

### Dr. Roger Gfrörer – Head UZH Career Services



Dr. Roger Gfrörer has been the head of the UZH Career Services since 2008. Prior to this, after finishing his PhD in Human Resource Management, he worked in the HR department of the UZH as the Chair of HRM. There he was a senior assistant for 5 years. In the 1990s, he worked at Tamedia for 5 years, 4 years at IBM Switzerland and 2 seasons as a ski instructor. Dr. Gfrörer has a deep understanding of the research and teaching processes at the university and has profound knowledge of the Swiss education system as he also teaches at the university of applied science and a higher vocational college. His approach is to empower the students towards their next career steps, helping them to focus on the available resources.

### Dr. Monika Clausen & Netzwerkpartner – Personal Development Trainer and Career Consultant



Dr. Monika Clausen is engaged as a trainer and coach at universities, private industry and with individual clients. She has a PhD in biology, a Bachelor in Business Administration and training in leadership, adult education as well as solution focus coaching. Her professional experiences outside science include assignments as a headhunter for highly educated individuals as well as working experience as an expert and line manager. She uniquely links natural sciences and management knowledge with a resource oriented and solution focused attitude.

### Evelyne Kappel – Head ETH Career Center



Evelyne Kappel has a wide knowledge of the Swiss jobs market and of the relevant requirements made of graduates. She is happy to share this knowledge, based on many years of counselling and recruitment experience, with students and doctoral students in order to advise them on starting their careers and to give them individual support. Since she started working at ETH in 2008, she has advised and supported more than 200 ETH students and doctoral students on starting their careers, and has organized several careers events for students and companies. Before joining ETH, Evelyne Kappel spent more than three years with an executive search company specialising in finding and placing proven management talent. She is holding a Degree as Master of Arts of the University of Zurich and a Certificate of Advanced Studies in HR Development.

### Bruno Casimiro – Career Services Manager, Coach, Talent and Learning & Development Professional



Bruno is the Career Services Manager for the MBA program at the University of St Gallen. He is responsible for the development and delivery of the Career & Leadership Skills curriculum. Bruno is an experienced professional with 18 years' experience in Retail, Real Estate, Military and Investment Banking where he performed roles from graduate to Senior Associate level. For the past 5 years Bruno has coached and trained business school students, city professionals and business owners across the globe, using his Coaching and Neuro Linguistic programming skills. Until recently was responsible for the post experience MBA level Masters in Finance program at London Business School and he is also a Director & Founder at BeLimitLess: Coaching - Training & Development services. He has delivered programs in universities across the UK, Portugal, Switzerland, and most recently at MIT in Boston in the USA. Bruno has completed a BA in Business Administration (1st Class Honors) from the University of Greenwich Business School in London. He is a qualified and certified coach with a degree level qualification on Personal Performance Coaching, Corporate & Executive Coaching, NLP, DISC & NEO PI 3 profiling tools.



## Detailed program

### 12.6.2017: Career Resources - An approach to a self directed career management - Part I

You are often told that you should “care about your career”. But what actually is a career? And how can you manage it by yourself? We assume that a self-directed career is the highest aim of individuals, and we also assume that it is helpful to know how a career could look like before you start navigating your own. Therefore we offer you a module in two parts. In the first part, we would like to inform you about the basics of career management.

In this introductory session you will get information on:

- Contemporary career theories (Happenstance, Career Anchors)
- Market vs. Resources – Why employability is not enough
- Career Resources – a framework for your self-assessment
- 14 ways to find a job

Goals: Participants...

- have an idea about ‘careers’ in general
- different approaches to the topic of careers
- are prepared for the career week

### 13.6.2017 : Interview training

How should you behave in your first interview and what should you expect? After a short introduction into different interview techniques, Evelyn will conduct a live interview with one of the participants. While being in the role of the interviewee or the assessor, you will learn more about possible questions to anticipate in interviews. During the ensuing feedback and discussion round you will understand the background of different questions and know more about the Do’s and Don’ts of being interviewed. If you are interested in being the interviewee in this session and want to participate in the live interview, please let us know in your application.

### 14.6.2017 : Career Resources – an approach to a self directed career management – Part II

In this second part, you will dedicate time to 1) discovering career management resources 2) discussing the findings and 3) developing the possible next steps of your career path. You have time and access to resources and your peers will support you. Session content:

- Developing your resources (bring your CV with you!) (Groupwork).
- Finding different ways to use these resources (Groupwork).
- Let your ideas be challenged! (Plenum).
- What are the missing career resources and what are your next steps? (Individual work).

Goals: Participants get:

- a first overview over their personal resources and develop the next steps.
- their ideas challenged.
- to determine the missing resources.

### 15.6.2017 : Searching for job opportunities: Hidden labor markets

“How do I find a job?” is a question that every student faces upon graduation. There are obvious and less obvious channels to find a job. When starting a job search most of us use a reactive approach, missing out on all the job opportunities given by the hidden labor market. While tackling the hidden labor market people are concerned with many questions: Does it exist? Why do companies not announce open positions? In what environments are spontaneous applications welcome? And finally, what does it take to be successful in applying for your dream job?

### 16.6.2017 : Self-Marketing and LinkedIn, followed by a networking apero!

This workshop covers how to approach the job market in covering as many angles as possible, such as CV, Cover Letter, speaking to recruiters, building contacts (LinkedIn) and network effectively. It aims at helping the participants to not only understand the job market but also to get comfortable in talking about themselves and their achievements and most importantly what they are passionate about. The participants will practice with one another during a live networking session.