## HELMHOLTZ Energy

## Helmholtz Energy Women Career Workshop Communicating and negotiating successfully in academia

November 18 - 19, 2024, Fulda

## Preliminary agenda

November 17	r, 2024 Informal get-together and dinner
PROGRAMM November 18, 2024, 8.30 am – 10:00 pm	
8.30 am	Check-In and Networking with welcome coffee
9.00 am	Welcome, organizational information, introduction of the trainer, introduction Helmholtz Energy, get-together participants
10.30 am	Coffee break
11.00 am	Communication cultures in academia / Strategies for clear and concise communication. The participants will develop strategies for communication in different difficult situations
12.30 pm	Lunch break
1.30 pm	Exploring possible gender dynamics in different communication settings
3.00 pm	Coffee break
3.30 pm	Role-play exercises and training Practicing the learned strategies in role-plays in small group
5.00 pm	Break before dinner, opportunity for informal exchange
6.00 pm	Dinner
7.30 pm	Evening program: panel discussion
PROGRAMM	November 19, 2024, 9.00 am – 3.00 pm
9.00 am	Preparing for negotiations / Strategies and principles of effective negotiation in
10.30 am	academia Coffee break
11.00 am	Real-life scenarios and practice
12.30 pm	Lunch break
1.30 pm	Closing, feedback, certificates
3.00 pm	End of the workshop