

Helmholtz Energy Women Career Workshop 2025 Female Leadership

23. – 24. Oktober, 2025, Fulda

PROGRAMM Oktober 23, 2025, 10:00 am – 10:00 pm

PROGRAMM Oktober 24, 2025, 9.00 am – 3.30 pm

Description

Being a leader has its own challenges. It takes good communication skills, the ability to give and receive feedback, some courage and trust in your own strengths as well as empathy and motivation. All these characteristics can be learned and developed. This workshop is tailor-made for female academics who want to learn self-management and team leading. In addition to general leadership topics, we will discuss gender-specific aspects.

In this course, you will learn:

Self-management

- Awareness of professional and personal strengths
- Development of own leadership style
- Self-organization at work

Leadership and your team

- Get to know the personalities of your team members
- Personnel selection and team composition
- Tasks and decision-making as a leader

Career planning

- Leadership as a decision
- Building a professional network
- Previously colleague, now group leader
- Competitive situations
- “The only one in the room” / role models?

Femininity as strength

- Emphasize your unique personality
- See through hidden power games
- Search for strategic support
- Build confidence