

# SPP 1879 Gender Equality / Female Career Workshop

24 February 2017, Humboldt-Universität zu Berlin

**Organizers: Mihaela Pruteanu and Regine Hengge**

## Programme

**10:00 - 11:00 History of women in science and what we can learn from it for today**  
Regine Hengge (Humboldt-Universität zu Berlin)

Discussions (30 minutes)

**11:00 - 12:00 Career and family**  
Nicole Frankenberg-Dinkel (Technische Universität Kaiserslautern)

Discussions (30 minutes):

Balancing professional aspirations with family

- discuss academic work and family responsibilities
- practical advices to scientist parents

**12:00 – 13:00 Lunch**

**13:30 – 16:30 Communication styles for professional women**  
Priscilla Bergey (Silver Key Solutions Berlin)

<http://silverkeysolutions.eu/wd/sample-page/creative-facilitators-actors/priscilla-bergey/>

**Practical coaching** for professional women in communication styles: projecting confidence and credibility through body language, voice and speech.

**16:30 – 17:00 Coffee Break**

**17:00 – 18:00 Creating a Successful Roadmap**

### Open discussions

- Strategies for increasing your visibility, inside and outside your organization.
- Be heard! Proven strategies for getting your ideas heard in meetings.
- Expanding your connections through the power of networking: How to make it work?
- How a mentor can pave the way for you?
- How to develop your personal action plan?
- Guarding your personal time: The secret to avoiding management burn-out and stress overload.

**19:00 Networking Dinner**