



Career Coaching Module 1 - Self-knowledge

Date:	May 23, 2012 May 30, 2012 June 6, 2012
Time:	14.15 – 17.00
Place:	YY197 in Linnanmaa campus
To whom:	PhD students and post doc/senior researchers *)
Why:	A basis for successful career management is good knowledge of individual characteristics and skills. This series of discussion sessions provides participants with personal insight which is an essential step in the career management process.
Registration:	At latest May 10, 2012 www oulu fi/biocenter/skillsforphds
Coach:	Jaana O. Liimatainen, PhD
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Organizer:	University of Oulu, Career Services and Biocenter Oulu
Scope:	1 ECTS
Note!	<ul style="list-style-type: none"> *) The number of attendants is limited to 12, and the PhD students take the precedence over senior researchers. However, if there is vacancy, also the senior scientists can attend. Assessment is based on attendance to the sessions Certificate from the course is provided if requested

Objectives: This career coaching module is focused on self-awareness. Recognizing your personal skills, potential and know-how, reviewing your interests and values, estimating and evaluating yourself and your personality help you to identify yourself in terms of career planning.

Working method: The career coaching is organized in a form of a discussion group. The series consists of three sessions, about 3 hours each. The participants can get to know each other and have a possibility to discuss about career-related issues in a small group.

Program:

Session 1 (May 23rd): Getting started: getting to know each other. Me as a "career researcher".

Session 2 (May 30th): How to become aware of my strengths and skills?

Session 3 (June 6th): Building my occupational identity

