

KICK OFF YOUR DOCTORATE

Monday, November 15	Tuesday, November 16	Wednesday, November 17	Thursday, November 18	Friday, November 19
	12:30 – 14:00 Joint Lunch Break in Gather.town (Group A+B)	12:30 – 14:00 Joint lunch Break in Gather.town (Group A+B)	12:30 – 14:00 Joint lunch Break in Gather.town (Group A+B)	
13:00 – 13:30 Welcome Adress	12:30 Supervisor Agreement (Talk) 13:00 Eye-Yoga (Activity) 13:30 Networking Game	12:30 Labor Market (Talk) 13:00 Challenge (Activity) 13:30 Speed-Dating	12:30 Relaxation exercises (Activity) 13:00 Mental Health During a Doctorate 13:30 Networking/ Socializing	13:00 – 13:15 Intro/ Groups
13:30 – 14:30 Networking (Group A+B)	14:15 – 14:45 Intro/ Presentation of consulting services in BUA institutions	14:15 – 14:45 Intro/ Presentation of workshop offers in BUA institutions	14:15 – 14:45 Intro/ Presentation of Group Coaching	13:15-14:45 Group Coaching: Me and my Supervisor
14:45 – 16:45 Kick-Off Your Doctorate	14:45 – 16:45 Motivation and Goal Identification	14:45 – 16:45 Self- and Time- Management During Your Doctorate	14:45 – 17:00 Research Integrity with Ombudsperson <i>“meet them before you need them”</i>	15:00-16:30 Group Coaching: Self- Management
	19:00 – 20:30 Networking Evening (Group A + B) 19:00 Mindfulness 19:15 Mindful Movement 19:50 Networking			