



**Personal and professional development for PhD students
and postdoctoral researchers**

PLANNING AND MANAGING YOUR CAREER

**Tuesday 30th May (14.00 - 18.00 & Dinner)
& Wednesday 31st May (9.30 - 12.30 and 14.00 - 17.00)**

In an increasingly competitive job market (within and outside of academia) it is vital that PhD students and postdoctoral researchers take a proactive approach to their careers so that they maximise their chances to achieve career success, whatever that might be. This workshop brings together key areas of career planning: self-analysis/awareness, knowledge of the job market and recognising skills in order to make effective career choices and identify areas for personal and professional career development.

Run over two consecutive days, the workshops will include presentations and interactive exercises with opportunities for individual reflection and action planning.

Workshop outcomes

At the end of the workshops, participants should:

1. Recognise their preferred interests and skills;
2. Have a greater knowledge of the job market and possible careers of interest to them;
3. Be aware of individual career development needs;
4. Feel more confident communicating their personal attributes and capabilities;
5. Have formulated a personal action plan.

About the tutor



Sarah Blackford is a qualified academic career specialist (MA, Warwick University) with a background in research and publishing. She provides a wide range of career support to doctoral students and early career researchers and has been delivering specialised career workshops and one-to-one coaching for over 10 years in research institutions, universities, EU consortia and doctoral training programmes. Her workshops are broadly based on her book, 'Career planning for research bioscientists', and much of her advice and resources are published on her blog, www.biosciencecareers.org. As a registered career practitioner, Sarah adheres to a recognised ethical code of practice during the course of her work.

PROGRAMME

30 th May		31 st May	
		Time	Activity EMPLOYERS AND HOW TO GET THEIR ATTENTION
		9.30	Job seeking strategies
		10.00	Effective self-presentation and communication
		10.45	Break
		11.15	'Flexing' to get the career you want – consensus and compromise
		11.45	Questions and action planning. Information and resources.
		12.30	Free lunch
Time	Activity SELF ANALYSIS AND EFFECTIVE CAREER CHOICE	Time	Activity <i>ABC of career management for young researchers</i>
14.00	Welcome, introductions, expectations and contracting	14.00	Sarah Blackford, Warwick University
14.15	Career influencers – past present future	15.00	Vanessa Morais, IMM
14.45	Recognising skills and linking to career choice	15.20	Ana Sanchez, FCT-MCTES
		15.40	Paulo Ribeiro Claro, U Aveiro
15.45	Break	16.00	Break
16.15	Matching personal values, skills and interests onto potential careers sectors and job roles	16.10	Maria João Romão, UCIBIO, FCT NOVA Manuel Nunes da Ponte, LAQV, FCT NOVA
17.00	Introducing personality and case studies	16.20	Round table
17.30	Reflection and factoring additional career influences	17.30	Closing Session
18.30	Porto de Honra		
19.00	Dinner & Get Together		