



## IMT CAREERS SERVICE

## Guidance and career coaching 2024 portfolio

**Title:** Career building kit

### Outcomes

Soft skills for the XXI century  
Community enhancement, sense of belonging  
Career goals, resources, and opportunities  
Wellbeing at work

### Open to

Doctoral students  
Students of joint programs  
Visiting students  
Post-docs  
Researchers

### Abstract:

The IMT School's Careers Service (CS) aims to encourage a quick and smooth postdoctoral transition to academia, institutions, companies and entrepreneurial sectors that valorize the PhD degrees earned by the School's students.

The main objectives are to support beneficiaries in:

- increasing **strengths** and optimizing critical points, enhancing **soft skills**
- fostering a **sense of community**, tuning interpersonal relationships and **networking**
- identifying professional **goals**, developing **action plans** for **professional success**
- managing **active job search** independently and in a targeted manner

To achieve this, the CS organizes workshops to **engage** participants in a **pleasant environment** where they can **share** their opinions and put themselves out of their comfort zone.

Non-judgemental contexts can nurture an **inclusive culture** increasing, in turn, learning opportunities.

Equipping participants with solid skills, e.g. active listening, effective communication, emotional intelligence, relationality, self-guidance, can lead to a **fulfilling career plan** and **wellbeing** at work.

**Teaching Method:** theoretical and experiential approach

**Modalities:** in presence and online

**Prerequisites:** none



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**Career kit workshops:** group-based activities for enhancing academic and professional skills → effective self-guidance in the world of work  
*Modality: in presence Room 2 San Francesco + remotely*  
*Open to the other Schools of Excellence.*

Friday, 19 April	2024	4.00-5.30pm	“Successful post-PhD job applications”
Friday, 24 May	2024	4.00-5.30pm	“Time and self management”
Friday, 21 June	2024	4.00-5.30pm	“Skills lab for career management”
Tuesday, 16 July	2024	4.00-5.30pm	“Tune career relationships”
Friday, 20 September	2024	4.00-5.30pm	“Work, social media and networking”
Friday, 18 October	2024	4.00-5.30pm	“Presentation, feedback, and discussion”
Friday, 22 November	2024	4.00-5.30pm	“Career plan - goals, steps, resources”

**For more information:**

Dr. [Ornella Bucci](#), PhD, psychologist, career counselor and coach  
Dr. Daniela Giorgetti, responsible for the [Careers Service](#)