



IMT CAREERS SERVICE

Friday Free Talks

Career guidance and counseling desk

Friday | 11am-4pm

San Ponziano ex-Boccherini building, "sottotetto"(attic)

Friday Free Talks are a confidential, drop-in, one-to-one space with a Career Counselor. They are not therapies. You can talk freely about anything related to education and professional development, discuss current difficulties, ask questions, and/or book career consultancy to support you.

Friday Free Talks are open to anyone looking to:

- ★ general **information** about IMT School
- ★ talk about the **factors** influencing the PhD / post-doc journey (e.g. research project, relationships, tools, strengths and weaknesses, time and stress management etc.)
- ★ find **motivational support** for dealing successfully with challenges
- ★ build successful **career plans** (with goals, steps, resources, skills and obstacles)
- ★ assess **competencies** and exploit them in the world of work
- ★ improve **resume** and **cover letter**, **LinkedIn profile** and other online accounts
- ★ prepare for **job interviews**, **public speaking**, to mediate **group discussions**
- ★ deal with **career transitions**
- ★ **propose workshops** on topics PhDs are experts on (e.g. peer-to-peer activities)

Target: PhD students, post-docs and other researchers

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