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
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.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Friday, 19 April 2024</td>
<td>4.00-5.30pm</td>
<td>“Successful post-PhD job applications”</td>
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<td>Friday, 24 May 2024</td>
<td>4.00-5.30pm</td>
<td>“Time and self management”</td>
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<td>Friday, 21 June 2024</td>
<td>4.00-5.30pm</td>
<td>“Skills lab for career management”</td>
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<td>Tuesday, 16 July 2024</td>
<td>4.00-5.30pm</td>
<td>“Tune career relationships”</td>
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<td>Friday, 20 September 2024</td>
<td>4.00-5.30pm</td>
<td>“Work, social media and networking”</td>
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<td>Friday, 18 October 2024</td>
<td>4.00-5.30pm</td>
<td>“Presentation, feedback, and discussion”</td>
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<tr>
<td>Friday, 22 November 2024</td>
<td>4.00-5.30pm</td>
<td>“Career plan - goals, steps, resources”</td>
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For more information:
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Dr. Daniela Giorgetti, responsible for the Careers Service