

A background image showing a person's hands writing on a notepad with a pen, a laptop, a white mug, and a smartphone on a desk. The scene is lit with warm, soft light, suggesting a focused and productive work environment.

**SPEED ONLINE WORKSHOP**

**EFFECTIVE SELF-MANAGEMENT  
FOR EARLY CAREER RESEARCHERS  
IN THE NATURAL & LIFE SCIENCES**

# CONTENT

## > OUR WHY

Early career researchers in various disciplines face similar challenges, related to fierce competition and constantly changing landscape of their research fields. Especially in the economical climate of today, they can feel overwhelmed and insecure about their future.

We help early-career researchers become more self-aware, gain control over their research careers, mitigate detrimental, extenuating factors that can cause leverage in pressure and stress levels, and become skilled self-navigators, both in academia and beyond.

## > SYLLABUS

This workshop for PhDs and postdoctoral researchers is an intensive and entertaining group training focused on learning every day self-management actions one can take in order to increase productivity, avoid bottlenecks in the projects and in careers, gradually increase the overall work satisfaction, prevent mental health issues, and positively influence career opportunities in the long run. The workshop is highly interactive, dynamic, and contains quizzes and live discussion with the audience.

The materials is composed of the following modules:

- 1. Goal Setting and Creating One's Own Opportunities.** How to properly set long-term goals and what are the common pitfalls associated with defining career goals? A dream or a bucket list?
- 2. Managing Your Time Optimally.** On classic techniques that have been helping professionals across the board in self-management over the last few decades.
- 3. Recognizing and Addressing Bottlenecks in Your Projects.** More often then not, research projects contain bottlenecks that can affect your career if not faced early. How to detect and tackle them?
- 4. How To Take Care of Yourself and Create a Positive Spin Around You.** How to keep positive regardless of the situation?
- 5. Networking and Building Long-lasting Bonds.** Your social capital is one of the fundamentals of your (research) career! How to build it?
- 6. Finding The Right Mentors (and Mentees!).** Building a research career without dedicated mentors is almost impossible, and certainly not fun. How to find the right mentors and build a long-term relation?
- 7. Opening to Opportunities Outside of Academia and Building Career Portfolio Competitive in the open Job Market.** Today, careers outside of academia are not plan B anymore - it is better to start thinking about building your competencies early on!



# DETAILS

## LEARNING GOALS

We aim to:

- ✓ Help the participants determine the optimal strategy for setting long-term career goals,
- ✓ Teach the participants the S.M.A.R.T. strategy for setting short-term goals,
- ✓ Teach the participants classic strategies for better time-management,
- ✓ Help the participants recognize red flags in their projects and activate an early alarm- and troubleshooting system,
- ✓ Help the participants avoid mental health problems and keep positive in every situation,
- ✓ Help the participants build their social capital throughout the research career, to maximize the future impact on their careers. Horizontal vs vertical networking. Networking vs netweaving,
- ✓ Help the participants choose the right mentors and develop a banter with them,
- ✓ Build a competitive set of professional skills and open doors throughout research career,
- ✓ Entertain the participants with a brief self-discovery exercise,
- ✓ Answer all the questions related to the post-PhD job market for PhDs.

## AGENDA (FULL VERSION)

30 min		Part 1: Goal Setting and Creating One's Own Opportunities
30 min		Part 2: Managing Your Time Optimally
10 min		Part 3: Recognizing and Addressing Bottlenecks in Your Projects
15 min		Part 4: How To Take Care of Yourself and Create a Positive Spin Around You
20 min		Part 5: Networking and Building Long-lasting Bonds
15 min		Part 6: Finding The Right Mentors (and Mentees!)
30 min		Part 7: Opening to Opportunities Outside of Academia and Building Career Portfolio Competitive in the open Job Market
30 min	?	Q&A

- It is also possible to order custom-length shorter version of the workshop (details below).

# FULL VS SHORT VERSION

Short Version (60 -- 90 min)	Full Version (120 -- 180 min)
<p>1. Managing Your Time Optimally. On classic techniques that have been helping professionals across the board in self-management over the last few decades.</p> <p>2. Networking and Building Long-lasting Bonds. Your social capital is one of the fundamentals of your (research) career! How to build it?</p> <p>3. Finding The Right Mentors (and Mentees!). Building a research career without dedicated mentors is almost impossible, and certainly not fun. How to find the right mentors and build a long-term relation?</p> <p>4. Opening to Opportunities Outside of Academia and Building Career Portfolio Competitive in the open Job Market. Today, careers outside of academia are not plan B anymore - it is better to start thinking about building your competencies early on!</p>	<p>1. Goal Setting and Creating One's Own Opportunities. How to properly set long-term goals and what are the common pitfalls associated with defining career goals? A dream or a bucket list?</p> <p>2. Managing Your Time Optimally. On classic techniques that have been helping professionals across the board in self-management over the last few decades.</p> <p>3. Recognizing and Addressing Bottlenecks in Your Projects. More often then not, research projects contain bottlenecks that can affect your career if not faced early. How to detect and tackle them?</p> <p>4. How To Take Care of Yourself and Create a Positive Spin Around You. How to keep positive regardless of the situation?</p> <p>5. Networking and Building Long-lasting Bonds. Your social capital is one of the fundamentals of your (research) career! How to build it?</p> <p>6. Finding The Right Mentors (and Mentees!). Building a research career without dedicated mentors is almost impossible, and certainly not fun. How to find the right mentors and build a long-term relation?</p> <p>7. Opening to Opportunities Outside of Academia and Building Career Portfolio Competitive in the open Job Market. Today, careers outside of academia are not plan B anymore - it is better to start thinking about building your competencies early on!</p>

## DISCLAIMER

While ordering this workshop, you acquire the live, interactive presentation followed by a Q&A session.

The lecture material belongs to the Intellectual Property of Ontology of Value®. Therefore, the session **should not** be recorded and disseminated as a video.

However, we are interested in long-lasting collaborations and leasing the rights to record and broadcast our workshops. Such collaboration should be arranged in an individual, custom agreement.

# THE COACH

## Natalia Bielczyk, PhD

- Owner, [Ontology of Value®](#), Nijmegen, the Netherlands
- Founder, Director & Chairperson @ [Stichting Solaris Onderzoek en Ontwikkeling](#), Nijmegen, the Netherlands



Dr. Natalia Bielczyk has a background in Medical Physics, Applied Mathematics, Psychology (3 x MS) & Computational Neuroscience (PhD). In 2017-2019, she was working as a Career Development & Mentoring Manager in the Organization for Human Brain Mapping Student & Postdoc Special Interest Group. She was coordinating the OHBM International Online Mentoring Program and organizing international symposia dedicated to mentoring and career development.

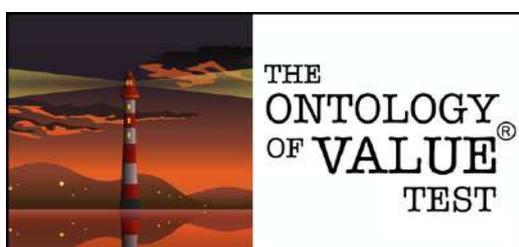
In 2018, she established [Stichting Solaris Onderzoek en Ontwikkeling](#), an international non-profit organization with ANBI status which helps researchers in transfers to industry. Natalia also has developed a broad personal network in industry. She also authored the book "What Is out There For Me? The Landscape of Post-PhD Career Tracks" [listed on Amazon](#), she runs a [YouTube channel](#) dedicated to post-PhD careers, and she blogs about careers in general. Even though she chose to work in the open market, she is still a researcher in her free time and has a strong belief in the compatibility of science and entrepreneurship.

# PRICING

Workshop Version \ Stage of Collaboration	New Client (Price per Group)	Returning Client (Price per Group)
Full Version 120–180 min, depending on client's preference	595 EUR (or 595 USD) + VAT	495 EUR (or 495 USD) + VAT
Full Version in two separate sessions 60–90 min each, depending on client's preference	2 x 395 EUR (or 395 USD) + VAT	2 x 345 EUR (or 345 USD) + VAT
Short Version 60–90 min each, depending on client's preference	395 EUR (or 395 USD) + VAT	345 EUR (or 345 USD) + VAT

The workshop includes **handouts for all participants** in the form of a PDF.

It is also possible to order this workshop on-site (in Europe). In that case, the organizer covers the travel costs.



Additionally, to accompany the workshop, we also offer an option to purchase the access to Ontology of Value® Test for all participants of the workshop at a discount, in two pricing options:

- a) 17 EUR (or 17 USD) + VAT per person (instead of 25-30 EUR),
- b) 500 EUR (or 500 USD) + VAT for the whole group (option beneficial for groups of 30+ participants).