## CAREER BOOSTER PROGAM

# WORKSHOPS & GROUP COACHING



## Career Development Made Fun & Easy

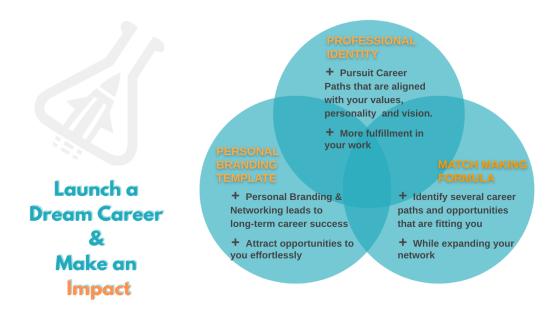
The Career Booster Program has been specifically designed to support PhD candidates, Postdocs and other academics to leverage their research training by working on both long-term career development and learning the necessary tools to make a successful career transition, whether within or outside of academia.

The main challenges PhDs struggle with when it comes to career development are:

- · lack of clarity, not knowing what the next career step should be
- not knowing where to start and the strategies to use
- not understanding their own value, skills and the results they can create and more importantly how they can transfer their research training to another field.
- not knowing how to communicate their unique value
- not having a long-term plan or career vision
- fear of the unknown or making the "wrong" choices
- where to find positions and how to network

As a result of taking the Career Booster Program, candidates experience clarity on their career path, they gain the confidence and learn the tools to create their desired careers.

The program builds on the 3 modules; Professional Identity - Match Making Formula and Personal Branding Template. Through a series of 4 workshops, group coaching and online community scientists are given the tools to tackle the main challenges mentioned above.





### **Workshop 1 Professional Identity**

In order to gain clarity, it is important to know your professional identity and align your career goals and vision with that identity, which is based on your values, skills, interests and personality. Throughout this program, you will also learn mindset tools to empower you in achieving your goals. As a result of creating a strong and clear Professional Identity you will easily identify ideal career paths and find more fulfillment in your career.

- Career Vision & Goal Setting
- Mindset tools
- Your Personality
- Values
- Skill Assessment

## Workshop 2 Identify Your Ideal Career Path

In order to identify which potential career paths are aligned with your Professional Identity, you will follow a strategy to research and network with professionals. As a result of implementing this content, you will expand your network, while developing your networking skills and gather information to make an information-based decision on your future career. Doing this work early on allows for time to nurture your professional relationships and to start developing the necessary skills for that future career.

- What career paths are out there
- · Research Potential Career Matches
- Informational Interviews & Basics of Networking
- Identify 5 Potential Career Paths aligned with your Professional Identity

## **Workshop 3 Personal Branding & Networking**

Two main factors for career success are communication and networking. This workshop takes you through the content of how to create a personal brand that communicates your unique value. In combination with networking, a Powerful Personal Brand is what will propel your career to another level. As a result of becoming clear on your Personal Brand, how to communicate it and how to network you will start attracting career opportunities to you.

- How to communicate your unique value online and build a Personal Brand
- How to Leverage LinkedIn and improve your profile
- · How to Network effectively and confidently

## Workshop 4 How to create a CV & Cover Letter that lands you the job!

You will learn the process of creating a job application and how to leverage LinkedIn in your job search approach. As a result of this workshop, you will walk away with a ready CV & Cover Letter, and be able to reproduce these strategies for future job applications.

- Practice writing customized CVs and Cover Letters to real job advertisements
- Learn the necessary pre-work before even sending out a job application



## The Career Booster Program is Delivered via Workshops - Group Coaching/Q&As - Online Community - Accountability - VIdeos&Workbooks

The Career Booster Program is delivered as 4 online workshops. Each full-day workshop is distributed over 3 days to allow enough implementation time for the participants. The participant will be able to dive deeper into the content covered in the workshops by having access to an online course (videos with workbooks and exercises).

What makes this program unique is the combination of training and coaching, the coaching takes place during the workshops, during monthly Q&A sessions, and on a weekly basis in the online community platform.

The online community offers great support and is a space to get feedback and coaching from a coach and peers during the program

A common issue workshop participants have is to take the information they learn and implement it to get results. This program will help participants overcome this common obstacle by setting up an accountability system. Participants will form small accountability groups, who will support each other in taking imperfect consistent action on a weekly basis throughout the program, in order to achieve their career goals. Action is the keyword that will get you results!

SUCCESS BEYOND THE LAB

## **What Career Boosters Say**



BUSINESS DEVELOPMENT MANAGER AT ATMOSFAIR BERLIN

#### AS A RESULT I SMOOTHLY TRANSITIONED TO MY DESIRED CAREER IN CLIMATE **PROTECTION & DEVELOPED A RESILIENT, GROWTH-ORIENTED MINDSET**

Empowerment is guaranteed when you become Amani's

coachee.

She was my coach for 4 months with weekly sessions as part of a career development program for scientists with 5 participants.

- As a result of her amazing coaching, I smoothly transitioned to my desired career in climate protection this year, starting a position in business development
- development developed a resilient, growth-oriented mindset to shape our sustainable future while having fun and celebrating my wins and mistakes along the way am exponentially growing my LinkedIn network with joy

I was impressed with her overflowing energy, honesty and empathy (yes, you really cannot escape her empowerment) that balance her calls to (imperfect) action while creating space to experiment with all the different tools you get.

Outstanding is how she nurtures a career community that supports each individual beyond the programme.

If you are a scientist or PhD candidate seeing lots of question marks when thinking about your next career steps, I definitely recommend Amani to you: it's time to unleash way more potential in yourself than you dare to think of!



PHD CANDIDATE AT MAX PLANCK INSTITUTE OF MOLECULAR PLANT PHYSIOLOGY POTSDAM

## **CAREER BOOSTER PROGRAM IS AN** EXCITING AND MOTIVATING WAY TO START PLANNING YOUR NEXT CAREER STEP AND TO LEARN ABOUT TECHNIQUES FOR PERSONAL GROWTH, COMMUNICATION AND NETWORKING.

Amani's Career Booster Program is an exciting and motivating Amanis Career Booster Program is an exciting and motivating way to start planning your next career step and to learn about techniques for personal growth, communication and networking. I joined her program towards the end of my PhD studies when I needed to make decisions for my next career step but I can recommend joining her program even earlier, so you have even more time to apply all the things she teaches you. I not only learned about directly career related topics as I expected but also about topics from psychology useful to tackle obstacles we create in our mind.

This was not only helpful for my career development but also for my everyday life. Amani is an energetic and inspiring coach, her sessions were interesting and always mixed with some laughter. Even after long days at work, I left her sessions feeling motivated and eager to take action. I can highly recommend taking this course with Amani, so much that I will actually continue working with her.



PROJECT LEADER AT MAX-PLANCK INSTITUTE IN LEIPZIG

#### I 100% RECOMMEND AMANI'S **PROGRAM**

If you are looking for a great coach you can trust: there she is, Amani Said.

The program she created is amazing: structured enough to help you in everyday career/life choices, and empathic/human enough to make you feel you can openly discuss hard topics. Amani makes you work in a small group of like-minded people that gave me a sense of belonging to a community, where trust respect and loyalty are core values. Amani provides you with very powerful tools for career and personal develonment.

personal development.

Her coaching changes the way you see your career. Not only as a job, not necessarily as a straight line, but as a journey aligned with what you want and are. This means that the path can change (and should change) as you change and evolve over time.

Amani is as energetic, empathic, practical, insightful, and fun

It was a true pleasure and a great lesson to learn from her



PHD CANDIDATE AT CRTD IN DRESDEN

#### **JOINING HER CAREER BOOSTER** PROGRAM IS ONE OF THE BEST **DECISIONS I EVER MADE.**

I met Amani while looking for job opportunities outside of academia. Not only did I get many useful tips on how to find a job outside of academia, but I also learned how to grow as a person and look for a DREAM Job, the one that is aligned with my values and interests. Our group was small and comfortable, and Amani made sure to create a safe environment where everyone could express themselves. Most of all, she everyone could express themselves. Most of all, she encouraged us (and made sure) to take action and leave our comfort zones. As a result, I connected with many inspiring people on LinkedIn, created a clearer picture of what career I would like to pursue, and by applying the networking strategy I learned, also received a job offer.

During the program, I met many amazing and supportive people, and my relationship with Amani also evolved into an amazing partnership and collaboration. Amani is somebody who is extremely nositive supportive meticating percentification.

who is extremely positive, supportive, motivating, energetic, professional, and has a big heart. I am looking forward to future projects with Amani!



PHD CANDIDATE AT TUD IN DRESDEN

## I WAS SO POSITIVELY SURPRISED! THERE'S SO MUCH TO UNRAVEL IN THIS

ERE'S SO MUCH TO UNRAVEL IN THIS COURSE

I joined the career boosting program towards the end of my PhD when I started thinking about job opportunities and realized that there were so many unknowns, starting from "Can I offer something outside of my very specific area of expertise which I ve mastered over the years of my PhD" all the way to "Other than a postdoc, what can I apply for, what are the job titles to even search for?" And in all honesty I thought I'd get a sort of guide book like those "how to land a job in 10 easy steps". But I was so positively surprised! It wasn't just about landing a job, Amani took the time and cared so much to teach us techniques to deal with insecurities, negative mindsets, and guided us through a process of finding our core values and goals, that made me come back to my previous ideal dream job, know what to look for, and much better strategies to get the job of my dreams or to build my career and prepare myself for it. I would highly recommend the program to any scientist, even if you want to stay in academia, there's so much to unavel in this course: like how to network, and personal branding to name a few. Last but not least, you get to meet amazing people during the course, with so much potential. It's all in all a very inspiring experience. inspiring experience.



POSTDOC AT LMU MUNICH

#### IT PROVIDES YOU WITH GREAT NEW **CHALLENGES AND THE OPPORTUNITY TO GROW AS A PERSON**

TO GROW AS A PERSON

I took the Career Booster Program with Amani in Spring 2020 and I really enjoyed it. I joined the program because I wanted to explore some additional job options apart from academia, not because I necessarily wanted to leave academia but just to have a look what other careers are possible. In addition, I wanted to improve my networking skills. The two topics I found most helpful were the mindset tools and the networking. The mindset tools are great for reflecting and working on your own believe system. Since I started the course just before the Corona lockdown, these tools really helped me to get through these rocky times a bit better. The coaching also taught me how to network, especially online, which was a great learning. In addition I explored possible career options and feel that I have more clarity on where to go next.

Amani is an amazing coach. She loves what she is doing and you can really feel that in her work. She does push her coachees forward but is also sensitive if some task is too much for a person. I also loved the positive atmosphere our sessions had.

sessions had.

sessions had. I would recommend taking the Career Booster Program to everyone who is interested in gaining more insight into their own personality and the possible suitable career paths. In addition, it provides you with great new challenges and the opportunity to grow as a person.

