

# Integral PhD-program: from student to professional

## Course

The Integral PhD-program: from student to professional guides you through your PhD by teaching you skills that help you achieve your goals.

### Practical

The 4 modules each have their own target group and requirements.

#### Target group module 1: Personal effectiveness: time- and project management

Module 1 is specially designed for 1st year PhD students. However, if you find that you have trouble with time-management and your relations with your supervisor, this may be a useful course for you as well.

We have a maximum of 12 participants for module 1. When over 12 people subscribe we deal with participants on a first come, first serve basis. The others will be put on the priority list for the next training.

For this module we ask from participants to:

- Send in an intake form prior to the course
- Commit to be present on both days of the module (2 adjoining days)
- Be prepared to reflect on your own behaviour
- Share own experiences during the course
- Stretch outside your comfort zone

#### Target group module 2: Communication in science

Module 2 is specially designed for 2nd year PhD students. However, if you find that your presentations and/or posters good be better, that you have trouble getting your point across and make people do things your way, this may be a useful course for you as well.

We have a maximum of 12 participants for module 1. When over 12 people subscribe we deal with participants on a first come, first serve basis. The others will be put on the priority list for the next training.

For this module we ask from participants to:

- Send in an intake form prior to the course
- Send in the Communication Style Survey prior to the course
- Commit to be present on both days of the module (2 adjoining days)
- Be prepared to reflect on your own behaviour
- Share own experiences during the course
- Stretch outside your comfort zone



## Practical

### Target group module 3: Personal leadership

Module 3 is specially designed for 3rd year PhD students. However, if you find that you don't know how to make progress in your PhD and that there are unmountable barriers, this may be a useful course for you as well. We have a maximum of 12 participants for module 1. When over 12 people subscribe we deal with participants on a first come, first serve basis. The others will be put on the priority list for the next training.

For this module we ask from participants to:

- Send in an intake form prior to the course
- Have asked for 360° feedback prior to the course
- Commit to be present on both days of the module (2 adjourning days)
- Be prepared to reflect on your own behaviour
- Share own experiences during the course
- Stretch outside your comfort zone

### Target group module 4: A PhD, what's next?

Module 4 is specially designed for 4th year PhD students. However, if you find that you haven't thought at all about what to do after your PhD and that you would like to start thinking about it, this may be a useful course for you as well.

We have a maximum of 12 participants for module 1. When over 12 people subscribe we deal with participants on a first come, first serve basis. The others will be put on the priority list for the next training.

For this module we ask from participants to:

- Send in an intake form prior to the course
- Commit to be present on both days of the module (2 adjourning days)
- Be prepared to reflect on your own behaviour
- Be free to dream
- Share own experiences during the course
- Stretch outside your comfort zone

## Practical

### Duration

Entire day, from 09.00 up to 17.00 hrs

### Costs

Module 1: € 405,- for employees Amsterdam UMC. € 500,- for non-Amsterdam UMC employees.

Module 2: € 405,- for employees Amsterdam UMC. € 500,- for non-Amsterdam UMC employees.

Module 3: € 490,- for employees Amsterdam UMC. € 610,- for non-Amsterdam UMC employees.

Module 4: € 405,- for employees Amsterdam UMC. € 500,- for non-Amsterdam UMC employees.

(This includes coffee, lunches and materials)



## Practical

### Location

Vila Hartenlust  
Vijverweg 18  
2061 GX Bloemendaal

### Trainer

Dr. Louise Mennen  
(Mennen Training & Consultancy)

Dr. Louise Mennen received her PhD in nutrition at the WUR in 1997. Thereafter, she worked for eight years as a senior scientist in Paris during which she wrote many scientific papers and successful research grants. She noticed that for pushing science forward, scientists need to improve their communication skills. This is why she has now her own company to train scientists in the field of leadership communication. Louise is co-trainer at international leadership programs for European and African scientists in Luxembourg and Morocco. She also works as a personal coach, for those pursuing a scientific career. Due to her large experience as a scientist she is the perfect person to understand the work situation of scientists.

### Helpdesk

For any problems and questions about subscribing and difficulties with the learn environment please contact: [support@vumcacademie.nl](mailto:support@vumcacademie.nl).

### Other data and locations

- At request VUmc Academie