

After the PhD, what's next?

My hero's journey to an amazing career

Date	16 January 2019
Time	From 10.00 to 14.00 pm
Room	
Duration	4 hours
Language	English
Format	Face to face
Maximum number of participants	35
Recipients	PhD students

Lecturer

David Valls Coma
<http://www.el-despertador.com>

Skills

- Competència **Interpersonal** (CI)
- Competència Metodològica (CM)
- Competència Comunicativa (CC)
- Competència de Planificació i Gestió de la Docència (CPGD)
- Competència de Treball en Equip (CTE)
- Competència d'Innovació (CDI)
- Competència Digital (CDD)
- Competència Lingüística (CL)
- Altres

Objectives

- Managing Change through next transitioning scenarios.
- Gaining Awareness and Acknowledging my actual competencies and resources.
- Developing self-confidence and empowerment to face the changes that lay ahead.

- Installing a possibilities mindset, rather than a scarce “I don’t know if I am enough”.

Contents

- Acknowledgement – Celebration: Revisit my career path, the energy invested and the achieved milestones. Feeling myself whole (complete).
- My amazing competences. Research: Connecting with the super powers that make me a desired asset in the professional arena.
- Hero’s Journey (Change curve): Understanding the internal processes experienced when change happens, specially my unique way of handling change. Reflections, tips and strategies to flow through my transition process.
- My somatic experience through change (emotions and body): Playing with my whole self to achieve my goals (somatic management). Emotional and body management strategies to face the challenges that may arise.

Methodology

- Conscience, creativity and action are the three pillars which define our philosophy, our vision of life.
- Over the years we have been getting experiences in many disciplines, in addition, we also have a team of co-workers on very diverse disciplines. However, the Coaching and the Emotional Ecology are the two disciplines that define our vision and our action.
- We promote self-observation, making awareness to generate new perspectives and opportunities, inviting you to take action, without it, there is no transformation.
- To transfer the contents from the experience, using games and having fun. We think that experience can make significant internal changes. Therefore, we work from creativity, promoting it all the time, to all the participants, learning from experience and dynamism, where we invite you to have fun, waking up your potential, getting the most out of your experience to project yourself in the path you want to take.