



# PHD SUCCESS AND PERSONAL EFFICACY

## Introduction

As a PhD candidate at the beginning of your research, you will have to become familiar with your area of research in a short time, and learn how to determine the path you will follow. In this training, you will learn to set your own goals, to develop a strategy for realizing them and to communicate about them with others.

## For whom is the training intended?

The training is for all first-year PhD candidates with three months to one year experience.

## About the training

The training will take place within a period of approx. 6 weeks and consists of three modules of two days each. Module 1 and 2 will take place on two consecutive days. Module 3 consists of two separate days, with some time in between in which you can prepare your presentation.

Intake interviews will be held with all participants in order to match their issues to the content of the training.

The training covers the following:

- Time and project management
- Communicating convincingly with others
- Presenting to different types of audiences

This intensive training is largely based on practical exercises. You will learn by completing assignments and by applying what you have learned to your own work situation. Attention is paid to personal learning goals and you will receive personal feedback on the exercises. You will be given small assignments so that you can apply what you learn.

## The trainers

**Brigitte Hertz** is a social psychologist. She began her career as research associate at the University of Amsterdam. After 15 years, she set up her own business, training and coaching academics. She gives training courses in time and project

management, presentation and career development to the staff of universities and research institutes.

**Jeanine de Bruin** is a biologist and entrepreneur on the cutting edge of science and new media. She is specialized in interactive communication.

**Daniël Schut** is a political scientist, debater and communications and negotiations trainer. He won the prestigious Oxford Intersvarsity as well as twice winning the Dutch National Eloquence Championship.

**Ellis Vyth** obtained a PhD in Health Sciences and works at Vrije Universiteit Amsterdam. She also gives workshops about nutrition, health and science communication.

**Maarten Bordewijk** has a degree in East European Studies and is now an experienced professional in personal and organizational development.

**Alet Wildman** is a speech therapist and also works as a voice teacher at various theatre schools and in her own practice. She is professionally trained in elocution, singing techniques and presentation.

## Practical information

The training is free of charge, except for travel and parking expenses. We will charge VUmc participants with the cost price. You are required to attend all training sessions.

For participation, you will be credited 2 erts.

## Registration and cancellation conditions

You can register via the Registration form HRM learning programmes. By signing the registration form, you declare to agree to the cancellation conditions for this training.

## Contact information

For more information please contact: Carin Maas, [training\\_programmes.hrm@vu.nl](mailto:training_programmes.hrm@vu.nl) or 020 59 83049