

LEVEL UP

The Helmholtz Juniors proudly present you the

Helmholtz Juniors LevelUp! Webinar Series!

Level up your Skills with us! We offer Workshops and Webinars free of Charge – have a look and register for the ones you’re interested in.

Registration at xing-events.com/LevelUp!

YOUR SKILL TREE			
BUSINESS YOU	SOCIAL YOU	SCIENCE YOU	INDIVIDUAL YOU
Entrepreneurial Thinking Jan 14+27, 2 – 5 pm	Mental Health Jan 28, 9 – 12 am	<div style="background-color: #e91e63; color: white; padding: 10px; transform: rotate(-15deg); display: inline-block;"> * Maxed out * </div>	How to brew Beer @ Home Jan 20, 5 – 6 pm
Presentation of Business Ideas (Entrepreneurial Thinking Workshop results open to public) Jan 27, 2 – 5 pm	Mindful & Healthy leader Feb 10+11, 4 – 6:30 pm		Helmholtz Juniors – Who we are and what we do Mon 25, 4 – 5 pm
Leadership Feb 1+2, 10 am – 5 pm	How to Pension – VBL and other Mysteries Jan 26, 10 – 11 am		Offer your Skills! (Mon/Wed Skill Series) Jan 18+25, Feb 1+3+8, 9 am
			Results of the N² Survey of Doctoral Researchers Feb 4, 4 – 5 pm (ENG) Feb 9, 2 – 3 pm (GER)
Get to know your Peers!			

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JANUARY 2021

MON	TUE	WED	THU	FRI
11	12	13	14	15
		Kick-off Socials 5 pm – open end	Entrepreneurial #1 2 – 5 pm	
18	19	20	21	22
Monday Skills 9 am		How to brew Beer @ Home 5 – 6 pm		
25	26	27	28	29
Monday Skills 9 am	How to Pension – VBL and other Mysteris 10 – 11 am	Entrepreneurial #2 2 – 5 pm	Mental Health 9 – 12 am	
Helmholtz Juniors – Who we are and what we do 4 – 5 pm				

FEBRUARY 2021

MON	TUE	WED	THU	FRI
1	2	3	4	5
Monday Skills 9 am	Leadership #2 (GER) 10 am – 5 pm	Wednesday Skills 5 pm	Results of the N ² Doctoral Researcher Survey (ENG) 4 – 5 pm	
Leadership #1 (GER) 10 am – 5 pm				
8	9	10	11	12
Monday Skills 9 am	Results of the N ² Doctoral Researcher Survey (GER) 2 – 3 pm	Mindful & Healthy Leader #1 4 – 6:30 pm	Mindful & Healthy Leader #2 4 – 6:30 pm	

Green: Free for all

Red: Registration required (first come, first serve)

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JAN 13 KICK-OFF & SOCIALS	JAN 26 HOW TO PENSION – VBL AND OTHER MISTERIES	JAN 18+25 • FEB 1+3+8 MONDAY/WEDNESDAY SKILL SERIES
TIME: 5 PM – OPEN END HOST: HELMHOLTZ JUNIORS	TIME: 10 – 11 AM HOST: MARTIN SCHRADER	TIME: 9 AM HOST: VARYING (YOU?!)
<p>The Helmholtz Juniors proudly present the webinar series that will push your Skills a Level up! The kick-off serves as a means for onboarding all participants, explaining our skillshare system, and to connect to your fellow Docs in the Helmholtz Association.</p>	<p>Martin, independent financial advisor for over 10 years, explains in a short presentation how the german pension system, governmental subsidies, and VBL work, explains investment fundamentals and how to plan your very own life finances.</p>	<p>Peers with interesting skills in certain areas will present their know-how and enthusiasm. Have you, for example, ever wondered how you could brew your own beer at home? We also encourage everyone share their skills. Add YOUR skill here:</p> <p>Link: Registration</p>

JAN 14+27 ENTREPRENEURISM	JAN 28 MENTAL HEALTH	FEB 1+2 LEADERSHIP (GER)
TIME: 2 – 5 PM HOSTS: BARBARA DIEHL + JULIAN ALEXANDRAKIS	TIME: 9 – 12 AM HOST: ASTRID LUNKES	TIME: 10 AM – 5 PM HOST: VICTORIA LEONHARD
<p>The interactive workshop deals with the topic of entrepreneurial thinking in Science. Between both appointments, the participants will be assigned to small groups and asked to solve a casestudy by using their entrepreneurial thinking and creativity. The results will be presented and discussed on the second date.</p> <p>Link: Registration</p>	<p>This exploratory workshop will look into the research system in a way that focuses on the researcher as a human being embedded in her/his environment. Centerstage is the training of the mind to be fully aware and present. Being aware of our thoughts, emotions, and behavioral patterns is key to understanding and leading ourselves.</p> <p>Link: Registration</p>	<p>In this workshop, you will learn how to deal with your role as team leader and how to build a successful team. At the same time, you will learn to promote the individual strengths and abilities of each team member and thus positively influence the group dynamic. You will get to know helpful tools and methods to motivate your team members and to solve conflict situations with the team.</p> <p>Link: Registration</p>

FEB 10+11 MINDFUL & HEALTHY LEADER
TIME: 4 – 6:30 PM HOST: PETRA WISSMANN
<p>Through interactive presentations, reflective exercise, and embodiment practise, you will learn tools to focus on a healthy and balanced life. You get to know practices of Yoga & Meditation to strenghten a self-awareness and mindful way of living, complemented by explorative parts on how to cultivate (self-)confidence and courage.</p> <p>Link: Registration</p>

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