Career coaching for doctoral candidates and post doc researchers in spring 2019

Goals

At the individual level, the goal of career coaching is to help participants to reflect deeply and realistically on their wishes for their career, the investments they are prepared to make and the goals they wish to achieve.

For the doctoral students career coaching supports career planning -whether they seek a career in the academic world or elsewhere.

Target group

Doctoral students, whose studies will be finished during a year and also post doctoral researchers. The programme is organised in either Finnish or English depending on participant’s language.

Coaches

Aalto experts who have been trained for the career coaching.

Schedule

Coaching will start on March 2019. Starting time and schedule will be agreed with participants' own coach.

There will be approx. five coaching meetings, 1,5 - 2 hours/session. Between meetings, the trainee does personal exercises and reflects intensively.

Individual process

The coaching process is tailored to individual needs for each participant. The topics are:

- clarifying the current situation and setting individual targets,
- professional and individual strengths,
- future vision,
- creating a road map towards one’s own future,
- building a professional and personal network to support achievements,
- anticipating possible challenges.

There are assignments that support the coaching process in between the coaching sessions.

Registration


More information

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