

# EMBO Laboratory Management Course “Female Leaders in Science”

## Schedule FLIS

Day I		Day II	
12:00	Arrival + Light Lunch	9:00	Flashlight
13.00	<b>SESSION 1: Setting the Frame / Warm-Up</b>	9.30	<b>SESSION 5: Developing an Individual Leadership Style</b>
	Welcome and short presentation of trainers		Sources of authority
	Framesetting: T,T,T,R,R		Exercises + discussion
	Sociometries	11.00	☕ Coffee break
	Expectations / contracting		Role definition
14.00	<b>SESSION 2: Getting Back on Track / Refresher</b>		Exercisers + discussion
	Short repetition of concepts and approaches of the basic course		Debriefing
15.00	☕ Coffee break	13:00	🍴 Lunch
15.20	<b>SESSION 3: Going Beyond Stereotypes</b>	14.30	<b>SESSION 6: Strengthen Self-Confidence Part 1</b>
	Typical stereotypes vs. reality: Results of gender studies		Elements of Assertiveness
	Defining own OK-ness		Body language
	Exercises		Exercises
17.00	☕ Break	16:00	☕ Coffee break
17:15	Discussion	16:20	Voice
	Debriefing		Exercises
18.00	🍴 Dinner		Debriefing
19.30	<b>SESSION 4: Strengthen Self-Confidence Part 1</b>		Learning points
	Dealing with guilt	18.30	🍴 Dinner
	Dealing with rejection		
	Dealing with $\alpha$ -behaviour		<b>Ample time</b>
21:00	<b>End of Day 1</b>		

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Day III	
9:00	Getting started: leftovers, outlook
9.30	<b>Session 7: Securing your Career</b>
	Building strong networks – and using them
	Tools for peer support
11:00	☕ Coffee break
11:20	Ask for it: negotiation skills
	Case studies and exercises
13:00	🍴 Lunch
14:15	Improving your visibility
	Strategies of self-marketing
15:30	Debriefing and feedback
	Farewell
16:00	<b>Workshop closes</b>