Managing your career

1. **Career Conversations Live! Tips and tricks on LinkedIn**
   Chat live with one of the Career Counsellors: What tools to use and how to stand out in order to maximise your chances of getting noticed on LinkedIn.

4. **CV and Motivation letter**
   You will use an analytical approach to review a vacancy and look at how to structure and decide on the content for those important documents.

11. **Job search in the Netherlands**
    We will discuss the different job search strategies, look at the Dutch business culture, communication style and how those factors can play a role in the hiring process.

15. **CV check by Lefit Recruiting Company**
    Lefit shares all there is to know about job applications and working after your studies in a presentation. Afterwards they provide feedback on your CV.

15. **Career Conversations Live! Understanding Personality types**
    This live on-line discussion will help you identify your own personality preferences as well as those of the people around you.

12. **Company meet and Greet: Essity**
    Your chance to network with the global Hygiene and Health company Essity! Free drinks!

21. **Company workshop: Lely**
    Working successfully in international multidisciplinary teams… but how?

29. **Career Conversations Live! Jobsearch**
    Learn from an alumni about his jobsearch

Managing your next career transition as a PhD and Postdoc is a critical skill. Making time to think about your personal and career goals can help reduce your stress. TU Delft has been awarded with a Sofokles scholarship available for PhDs & Postdocs to complete this online career course for free. On successful completion of the course PhDs earn 2 GS credits. More information: check Brightspace. Starts 1st of May 2019
### Awareness & self-management

**4 EN** Self Esteem and autonomy *(2 meetings)*
You will gain insights in self-esteem, autonomy, cultural and/or familial influences, personality, identity and (life)values.

**9 EN** Coping with fear of failure *(2 meetings)*
You will gain insights in the underlying mechanism of fear of failing, fear of success and perfectionism.

**11 EN** Mindful coping with stress
The aim of this workshop is to learn how to relieve physical and mental stress.

**11 EN** Unique Course: How-to work smarter and stress less *(10 meetings)*
Gain important insights into your stress factors and learn to adapt your way of working to deal more effectively with stress and work pressure. The course aims to reduce your experience of stress and to improve your mental well-being. (PhD’s and postdocs only)

**23 EN** Coping with fear of failure *(2 meetings)*
You will gain insights in the underlying mechanism of fear of failing, fear of success and perfectionism.

**25 EN** Mindful coping with stress
The aim of this workshop is to learn how to relieve physical and mental stress.

### Making study choices

**8 EN** Master choice
How to make a choice for you Master? Find out how to structure your approach and find out what you are looking for.

**11 NL** Minor/Masterkeuze
Kom erachter wat voor jou de belangrijkste criteria zijn bij het maken van deze keuze.

**17 EN** Reconsidering you study choice (for Bachelors)
For first year bachelors who want (or need) to think about their study choice.

**24 NL** Workshop Studieherkeuze *(2 bijeenkomsten)*
Zit je hier wel goed? Hoe kies je eigenlijk een andere studie? Ga gestructureerd aan de slag met je keuzeproces.

### Essential Study Skills

**29 EN** Learning: improve your study skills *(5 meetings)*
We will work with mind-set (fixed/growth), awareness of personal preference and rhythm (early/late, alone/with others), becoming aware of personal needs and interfering factors.

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<thead>
<tr>
<th>Walk-in Hours</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Location</th>
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<tbody>
<tr>
<td>TU Delft Career Centre</td>
<td>12:45 - 13:45</td>
<td>✗</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>Aula (Central Hall)</td>
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<tr>
<td>TU Delft Psychologists</td>
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