

October 2019

TRAINING & WORKSHOPS

Career & Counselling Services 



Managing your career

- 1 NL** **Solliciteren met een functiebeperking**
Solliciteren met een functiebeperking (chronische ziekte, dyslexie, ASS of iets anders), hoe doe je dat?
- 1 EN** **Using LinkedIn for Jobsearch**
We will look at what tools to use and how to maximise your chances of getting noticed on LinkedIn.
- 3 EN** **Finding out your "why" to speed up your career search**
We inspire you to start getting closer to your purpose - even when you have no idea where to start.
- 5 EN** **Tips for building your competences portfolio to make you attractive to employers**
Get ahead of the competition, join this workshop and learn the values of your unique competencies so that you stand out from the crowd in the job market.
- 5 EN** **Courageous Conversation for Introverts**
We will be exploring ways to have more courageous, meaningful conversations with potential employers (or anyone). No shortcuts, no easy solutions: just you and some courage.
- 7 EN** **Leftit Recruitment Company: How to get invited to your dream job?**
Next to some practical and personal advice you have the opportunity to review your CV personally with a consultant of Leftit.
- 9 EN** **Tips for succeeding at an assessment centre**
We will provide you with insight and practice of assessment methods commonly used in assessment centres.
- 10 NL** **Bouw aan jouw unieke pitch**
Heb je de pitchlezing bijgewoond (26 September)? Kom dan naar deze compacte en leuke pitchworkshop waarin je jouw pitch aanscherpt en oefent.
- 14 EN** **Company workshop: Tips and tricks on applying for a job by our partner Agap2 (consultancy)**
What makes a successful face-to-face and telephone interview? And get tips on an effective CV and motivation letter.
- 17 EN** **Improve your interview skills & prepare by practice**
We will explore the little details that can make a big difference between a good performance and an exceptional one.
- 24 EN** **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.
- 26 EN** **Dress for succes**
Want a confident business look? Join us and learn how you can use colour and style of outfits for communication and your personal identity.



Awareness & self-management

- 7 EN** **Assertion - Being assertive, but how?**
Learn how to set boundaries and standing up for yourselves in social situations.
- 9 EN** **Coping with Fear of Failure (2 meetings; 9 and 16 Oct)**
You will gain insights in the underlying mechanism of fear of failing, fear of success and perfectionism.
- 9 NL** **Constructief denken (4 bijeenkomsten; 9, 16, 23 en 30 okt)**
Krijg inzicht in het onderliggende mechanisme van faalangst/perfectionisme in jouw (studie)leven en ga op zoek naar mogelijkheden om hier iets in te veranderen.
- 12 EN** **Failforward or F.A.I.L.: First Attempt In Learning**
Learn how to transform what you regard as failure into a learning experience and become a designer of your own successful future.
- 14 NL** **Mindful omgaan met Stress**
Kom meer te weten over hoe je mindful kan omgaan met stress.
- 14 NL** **Motivatie**
Krijg je inzicht in de werking van motivatie in het algemeen en jouw eigen motivatie. En ga op zoek naar mogelijkheden om je motivatie te hervinden en te vergroten.
- 19 EN** **Using stress for success, towards a healthy study-day**
In this workshop you learn how to manage your stress level in a useful and sustainable way.
- 21 NL** **Mindful omgaan met Stress**
Kom meer te weten over hoe je mindful kan omgaan met stress.

Making study choices

- 8 NL** **Kiezen tijdens je studie Minor/Masterkeuze**
Hoe maak je keuzes tijdens je studie? Ga je aan de slag met het in kaart brengen van jouw competenties en interesses, en omschrijf welke criteria belangrijk voor jou zijn.
- 10 NL** **Zit ik hier wel goed? Voor eerstejaars twijfelaars**
Wil je nog eens nadenken over je studiekeuze? Krijg beter zicht op wat je kunt, wie je bent en wat je wilt.
- 30 NL** **Workshop studieherkeuze (2 bijeenkomsten; 30 okt en 6 nov)**
Wie ben ik, wat wil ik en wat kan ik, en hoe zet ik die inzichten om in criteria voor een onderbouwde studiekeuze?

Walk-in Hours **Mon Tue Wed Thu Fri Location**

TU Delft Career Centre 12:45 - 13:45 X ✓ ✓ ✓ ✓ Aula (Central Hall)

TU Delft Psychologists 12:45 - 13:45 ✓ X ✓ X ✓ ESA Building

TU Delft Student Counsellors 12:45 - 13:45 ✓ ✓ ✓ ✓ X ESA Building