## Managing your career

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<tbody>
<tr>
<td>2</td>
<td>EN</td>
<td>Prepare for networking &amp; practice your pitch</td>
<td>Get more confident in presenting yourself by starting with building and practising your pitch.</td>
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<tr>
<td>4</td>
<td>EN</td>
<td>Prepare for networking &amp; practice your pitch</td>
<td>After the workshop, you will know the importance of competency development and how to actively working on it yourself.</td>
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<tr>
<td>7</td>
<td>EN</td>
<td>To Phd or not to Phd</td>
<td>We will explore life as a PhD; how to find and secure a PhD; skills developed during a PhD and the career opportunities in and outside of academia.</td>
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<tr>
<td>9</td>
<td>EN</td>
<td>Self Analysis from a Career Perspective</td>
<td>In preparation for any job search activity or interview it helps to recognise your strengths and be able to reflect on your core qualities.</td>
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<tr>
<td>13</td>
<td>EN</td>
<td>Career Conversations Live! Study choice</td>
<td>Chat live with one of the Career Counsellors and find out how to use a structured approach when reconsidering your study choice.</td>
<td></td>
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<tr>
<td>13</td>
<td>EN</td>
<td>Linked-In lunch lecture</td>
<td>You will create an appealing LinkedIn profile targeted towards maximising your chances of getting notices by your ideal employer.</td>
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<tr>
<td>14</td>
<td>EN</td>
<td>Company workshop Sioux Automation Technology</td>
<td>Go storytelling! “Transform your resume in a great story”.</td>
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<tr>
<td>16</td>
<td>EN</td>
<td>Improve your interview skills &amp; prepare by practice</td>
<td>We will explore the little details that can make a big difference between a good performance and an exceptional one.</td>
<td></td>
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<tr>
<td>20</td>
<td>NL</td>
<td>Company Meet and Greet: Blue10, gratis netwerkbosrel</td>
<td>Leer meer over wat Blue10 doet en ontmoet de HR manager.</td>
<td></td>
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<tr>
<td>23</td>
<td>EN</td>
<td>CV and Motivation letter</td>
<td>Feel confident about building your CV and motivation letters. You will get tips &amp; tricks to write effective CV and motivation letters in the future.</td>
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<tr>
<td>27</td>
<td>EN</td>
<td>Career Conversations Live! CV and Motivation letter</td>
<td>Chat live with one of the Career Counsellors and learn tips and tricks on your CV and motivation letter.</td>
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</table>
Awareness & self-management

1 NL  Start cursus Constructief Denken *(4 bijeenkomsten)*
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.

8 EN  Coping with Fear of Failure *(2 bijeenkomsten)*
You will gain insights in the underlying mechanism of fear of failing, fear of success and perfectionism.

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

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20 EN  Motivatie workshop
Je krijgt inzicht in de werking van motivatie in het algemeen en jouw eigen motivatie. Daarna ga je op zoek naar mogelijkheden om je motivatie te hervinden en te vergroten.

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

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

Making study choices

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

21 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.

23 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.

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**Walk-in Hours**

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<tr>
<th></th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>TU Delft Career Centre</strong></td>
<td>X</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>Aula (Central Hall)</td>
</tr>
<tr>
<td><strong>TU Delft Psychologists</strong></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>ESA Building</td>
</tr>
<tr>
<td><strong>TU Delft Student Counsellors</strong></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>ESA Building</td>
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*For more information on our workshops and events, check our Brightspace organisation. Search for Career & Counselling Services.*