

Activating your resources for enhanced self-confidence

When confronted with important decisions or challenges we tend to hear more than one voice in our head telling us what to do. Unfortunately, these voices hardly ever agree with each other. Not rarely, the voice shouting the loudest is the one of the so called "inner critic" - a negative voice telling us that we are not smart enough, not experienced enough, not old enough or too old (to name just a few). We tend to take direction from these critical voices for various reasons. The drawback is that they often prevent smart and high achieving women from taking the next courageous step in their career or life in general.

The aim of this workshop is to understand the function of the inner critic and thus to encourage participants to question their inner beliefs and check them against reality. It will provide tools for tapping into your individual resources and checking in with your "inner mentor" - the voice in us that speaks from a wiser and more confident perspective. The "inner mentor" can give you guidance to find your individual and more independent way forward. The workshop offers support to persons who want to feel and act more confidently in challenging situations, to speak up more assertively and to trust in their own vision and intuition.



Dr. Kerstin Mauth

As a career coach and staff development specialist at the University of Göttingen I have coached numerous postdoctoral scientists in career related change processes, in conflicts, in situations of difficult decision making, and in planning their careers inside or outside academia.

I am a certified systemic consultant and also work as a freelance trainer and coach. I am experienced in conceptualizing and moderating workshops as well as facilitating peer coaching. After I finished my PhD at the Max Planck Institute for Psycholinguistics (Nijmegen, NL) in 2002 I held various positions in science management. Due to individual coachings with young scientists I am well familiar with the various challenges that come along with pursuing an academic career as well as those challenges that occur when planning a transition to a new job in an advanced career stage. I feel especially drawn to working with young women to support them in enhancing their self-confidence in pursuing a career that fits their talents, values and aspirations.