



Training

Career Workshop

Skills for success in science

Workshop with **PROF. DR. SANAZ TAROMI**

Uniklinik Freiburg, Medical and Life Sciences, University
Furtwangen

Date: Saturday, **16.07.2022 (09:30-15:00)**

Location: University of Freiburg, Faculty of Engineering,
Georges-Köhler-Allee, 79110 Freiburg
Building 078 or 080 (to be announced)

Registration: <https://terminplaner4.dfn.de/xtNaqKiSYG23ZcWR>

PLEASE REGISTER NOW!

Course Materials: will be provided at the beginning of the workshop. Laptop or similar are needed for the slides and for the creative work during the workshop.



Objective of the seminar:

The workshop "Skills for Success in Science" is aimed at PhD students in technical and life sciences. It provides guidance on how to direct your early career steps to achieve greater success. The success skills are helpful to increase your confidence, tackle daily challenges, live with passion and purpose, and realize all your ambitions. The workshop reveals a step-by-step pathway for living with fairness, integrity, honesty, and human dignity. It puts forward a principle-centered approach to both personal and interpersonal effectiveness. Rather than focusing on altering the outward manifestations of your behavior and attitudes, it aims to adapt your inner core, character, and motives. These are principles that give us the security to adapt to any change and the wisdom and power to take advantage of the opportunities in our every day life.

Key aspects:

- be proactive
- begin with the end in mind
- put first things first
- think win/win
- release the breaks
- experience your fear and take action anyway
- practice persistence

Methods:

- presentation and discussion
- practical exercises in pairs

Program

09:30 – 09:45	Welcome, program introduction
09:45 – 11:00	Success principles 1-15
11:00 – 11:15	Group work: Self-Image
11:15 – 12:00	Success principles 16 -25
12:00 – 13:00	Lunchbreak
13:00 – 13:15	Exercise: Life Purpose
13:15 – 14:15	Strengthen your inner core
14:15 – 14:45	Aims
14:45 – 15:00	Reflection and Conclusion



Dr. SANAZ TAROMI

Professor in Medical and Life Sciences
University Furtwangen

Principal Investigation in Cancer Immunotherapy

Dr. Sanaz Taromi is a deputy professor at the university of Furtwangen in the faculty of Medical and Live Sciences. She studied molecular biology in Frankfurt and moved then to Nuremberg, where she led as medical advisor the division of anti-aging in a privat beauty clinic. Dr. Taromi completed her PhD in 2015 in molecular oncology and continued her projects as a postdoc at the university hospital Freiburg for four year. As a group leader since 2019, she is focused on development of immunotherapies against solid tumors. In parallel, she transfers her research findings to anti-aging and longevity approaches. Through her career, she speaks five languages fluently, is interested in intercultural communication and committed for women's empowerment.