

# Mentoring Program of the Research Unit 5187

**Trainer: Dipl. Psych. Julia Lehnhof**

The Research Unit 5187 (funded by DFG) offers a mentoring program as a gender equality initiative for young female scientists.

As part of this initiative, female Principal Investigators (PIs) will act as mentors for female doctoral and postdoctoral researchers. Their task is to accompany and support the mentees in their career development. The cross-border exchange is intended to improve the professional security and decision-making skills of the participating mentees.

As an additional measure, the PIs are offered coaching sessions tailored to their individual needs. This comprehensive approach aims to create a supportive environment that fosters the growth and success of women in the field of psychotherapy research.

## Dates

**29.11.2024:**

**For mentees:**

time: 10.00-12.00

place: via Zoom

topics:

- Mentoring as a tool for career development in science: goals, roles and design
- Role clarity: What mentoring is (not)...
- Reflection: My goals and next steps

**For mentors:**

time: 13.30 - 15.00

place: via Zoom

topics:

- Reference to previous mentoring experiences
- Role clarity: What mentoring is (not)...
- Reflection: My motivation, expectations and limits

**06.12.2024**

**(for mentees & mentors)**

time: 13.00-16.00

place: @Berlin Adlershof

topics:

- How to create a mentoring relationship
- Facilitation of exchange to find mentoring tandems

Event language: German

