Take the Chance – Find your Coach

„Coaching is unlocking a person’s potential to maximise their own performance. It is helping them to learn rather than teaching them.” John Whitmore, in Coaching for Performance

**FEBRUARY 15, 2021 - ZOOM WEBINAR**

The following research associations are going to offer individual coaching for female junior researchers (doctoral researchers and junior postdocs) in 2021:

- **Cluster of Excellence** *Precision Medicine in Chronic Inflammation (PMI)*
- **RTG 1743** *Genes, Environment and Inflammation*
- **RTG 2501** *Translational Evolutionary Research*
- **RU 5042** *miTarget, The Microbiome as a Therapeutic Target in Chronic Inflammatory Inflammation*
- **IRTG 1911** *Immune Regulation of Inflammation in Allergy and Infection*
- **IRTG within the CRC 877** *Proteases and Pathophysiology*

This is meant to support the young scientist with regard to their scientific work and career.

This webinar offers the possibility to get an impression of different coaches, their personality as well as their expertise.

**MONDAY, FEBRUARY 15, 2021**

08:50 – 09:00 h  Arrival - Opening Zoom
09:00 – 09:10 h  **Welcome and Introduction to Individual Coaching** (Dr. Ruth Kamm)
09:10 – 09:20 h  Dr. Sabine Blackmore, [Blackmore Coaching](#)
09:20 – 09:30 h  Dr. Monika Clausen, [Clausen Netzwerkpartner](#)
09:30 – 09:40 h  Helga Hänsler, [freiberufliche Trainerin und Coach](#)
09:40 – 09:50 h  Dr. Dieta Kuchenbrandt, [Schainundkuchenbrandt](#)
09:50 – 10:00 h  Antje Rach, [Worte & Wandel](#)
10:00 – 10:30 h  Breakout Sessions with all Coaches for Informal Exchange