**UNIVERSITY OF LODZ DOCTORAL SCHOOL OF EXACT AND NATURAL SCIENCES**

**THE OFFER OF ELECTIVE CLASSES**

**year 1**

**academic year 2022/2023**

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| SUBJECT | number of hours per academic year  | lecturer | Description of the subject |
| Workshops on creativity and innovation | 12 | dr. Jędrzej Szynkowski | The workshops are an introduction to the psychology of creativity and selected methods of creative problem solving.The course is divided into three parts:**1. Introduction to the psychology of creativity** - organizing knowledge concerning creativity and innovation, and introducing basic techniques of generating ideas.**2. Selected abilities related to creativity** - practical exercises of abilities related to creativity.**3. Selected techniques forreative problem solving** - practical use of techniques and tools that enable problem analysis and generation of solutions. |
| Carrier coachingworkshop | 12 | Hanna Król | Career coaching is a series of three 4-hour practical workshops aimed at supporting doctoral students in planning their academic career path, defining goals and possible directions for their development and planning specific activities for the next few years. The format of workshops will be tailored to participants' individual development plans using creative techniques with elements of individual and group coaching. WORKSHOP PROGRAMMEModule 1: Career planningDuring the workshop you will learn how to effectively plan the development of your scientific career. You will identify your strengths and weaknesses, define your professional goals, and identify the most important activities in the field of research, international cooperation and business environment. By the end of workshop, you will develop a map of competence development and individual development plan for the next several years.Module 2: Time managementGood organisation of your work is key to achieving your goals. In this module you will learn effective methods for setting priorities, planning tasks and dealing with procrastination. By the end of the workshop, you will develop your own effective time management system based on building self-motivation, effective planning, focusing on key tasks and achieving your goals on time. Module 3: Networking i.e., building effective relationships in the world of science and businessHave you ever asked yourself how to effectively establish and cultivate valuable professional relationships? Have you wondered how to take advantage of scientific conferences, professional organizations, and social media for networking? During this workshop, you will build your own map of important scientific and business contacts that will help you achieve your career goals. By the end of the workshop, you will learn how to prepare a short self-presentation (elevator speech) and practice networking methods that can be used during scientific conferences or branch meetings.**HANNA KRÓL** - Executive, career and innovation coach, and business trainer. Hanna is highly experienced in designing and implementing individual and group development programs. She works with scientists, managers, and project teams to develop leadership competencies, increase performance, implement organizational change, and plan strategic development projects. She serves as an executive coach for corporate executives, innovation coach in international start-up development programs (Horizon Europe) and career coach for outstanding scientists at the Foundation for Polish Science and the National Science Centre. She has conducted coaching sessions for doctoral students and research and teaching staff at several universities in Poland and abroad, including at the University of Lodz under the InterDOC-STARt program. She holds the international accreditation of the International Coach Federation at the level of Professional Certified Coach. |
| Intercultural competencesworkshop, 3x4 hours | 12 | dr. Joanna Frączek-Broda | Thanks to a series of three meetings, you will learn how to: * **Talk and communicate non-verbally with representatives of other cultures**.
* Why is this important? We differ not only in languages! The same gestures can mean something completely different in some cultures, so it is worth knowing if we have offended our interlocutor. Even what we say in the same language, e.g. in English, is understood differently in some cultures and it depends on how allusively we speak ("That's a brilliant idea!" in the mouth of Poles is the highest praise, in the mouth of an Englishman ... rather not necessarily), to what extent we directly give negative feedback ("It might work" in a Pole is showing Your interest and admitting that it is a pretty good idea, in a Japanese reluctance to admit that the idea is almost impossible to implement), or to what extent we focus on building relationships with the environment. Each of these aspects of communication is important not only at the university, but also in contact with offices, companies or health care.
* **Build relationships in an intercultural environment.**
	+ And why do we need this knowledge? A PhD student from the Philippines or India will build new friendships and professional relationships in a completely different way than one who comes from Polish or Belarus. In such an environment, we need to know what is important to our colleagues and friends, what will be a bad sign for them, after which they can break contact with us, and what can rebuild relationships that have accidentally been weakened.
* **Collaborate in a multicultural research team.**
	+ Research teams, like professional or student teams, are subject to their own dynamics. If we add to this factor intercultural differences, it is very easy to get lost, lead to conflict, or take on too many responsibilities as a result of misunderstandings. To avoid this, we need to know how cultures see power, people management, time management, and how they handle strenght, negotiation, and tasks. Without efficient management, transfer of tasks, monitoring of progress, there is no chance for successful cooperation. In the intercultural environment, professional communication is also important - e-mails, phone calls and face-to-face meetings, which translate not only into the quality of relations in the team, but also into the effects of our team. And we all want our team to deliver the best product possible in a good atmosphere, right?

The classes will be conducted by Joanna Frączek-Broda, a doctor of social sciences, who for 12 years trained NATO soldiers in the field of practical interculturality. For five years he has been focusing on the civilian environment - universities, companies and administration, where he conducts training in the field of communication and intercultural cooperation in its practical dimension, because no culture and communication should be detached from reality! |