



In the Driver's Seat of Your Career as a PhD

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**What does “being in the driver’s seat
of your career” mean to you?**



What does "being in the driver's seat of your career" mean to you?

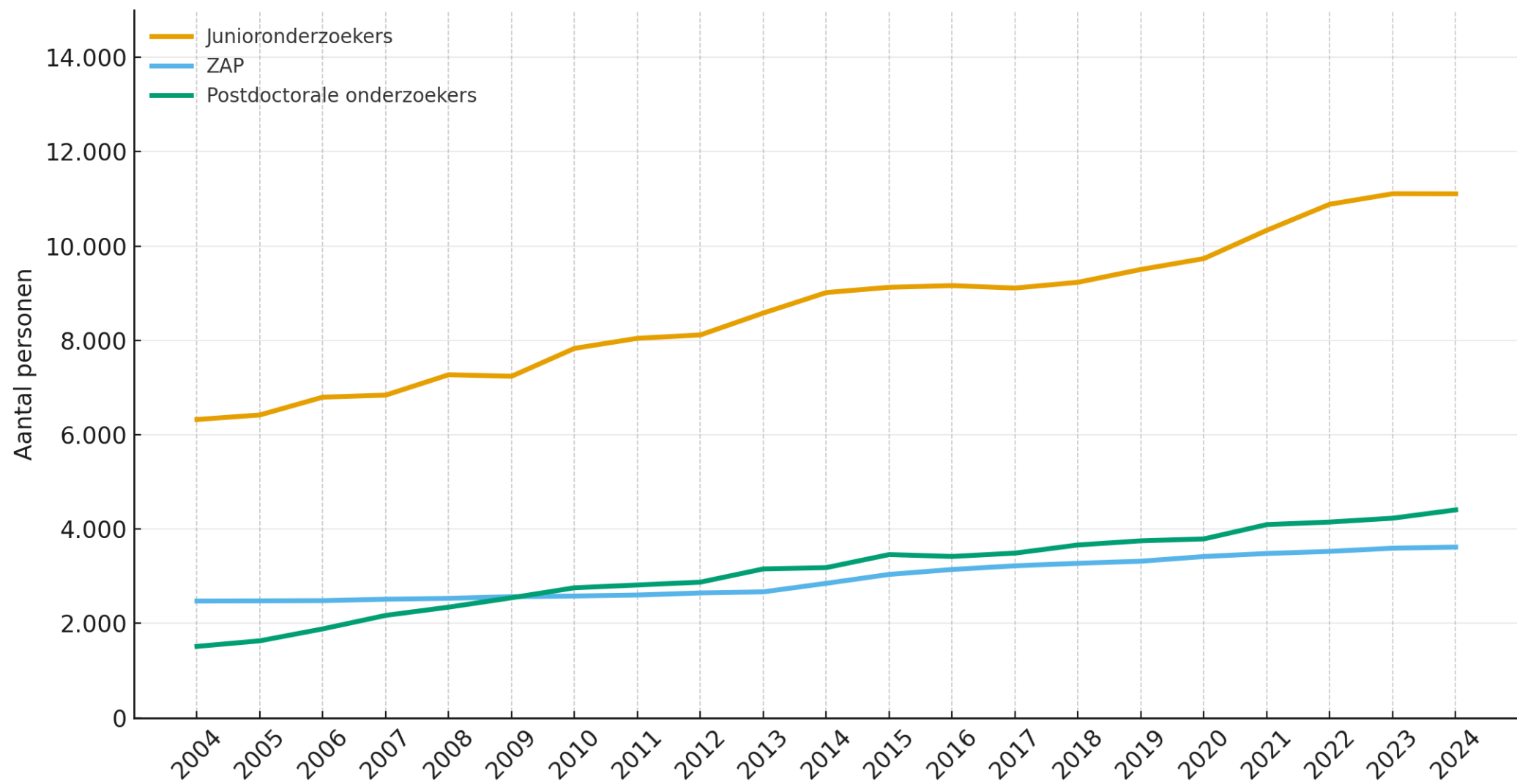
Your development, your career management



1. Appreciate the need for and show **commitment** to lifelong **learning** and continued professional **development**.
2. Take **ownership** for and **manage** one's **career progression**, set realistic and achievable career goals, and identify and develop ways to **improve employability**.

Why is this
relevant for
me?





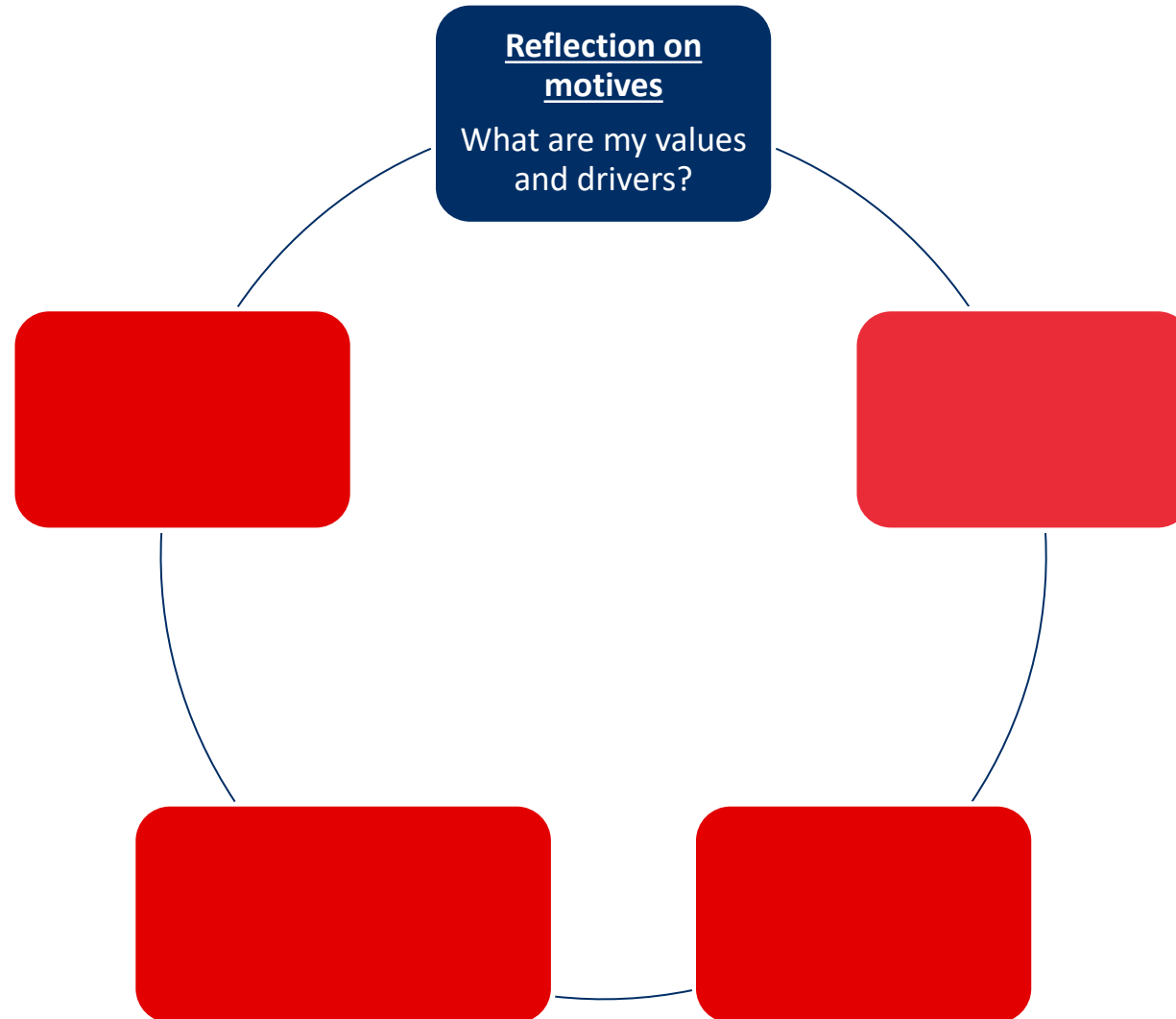
A conceptual image showing a red origami bird in flight, having just left a nest made of crumpled white paper on a bare tree branch. The background is a blue sky with light clouds.

88%

**The majority of
doctoral holders
leave the academic nest.**

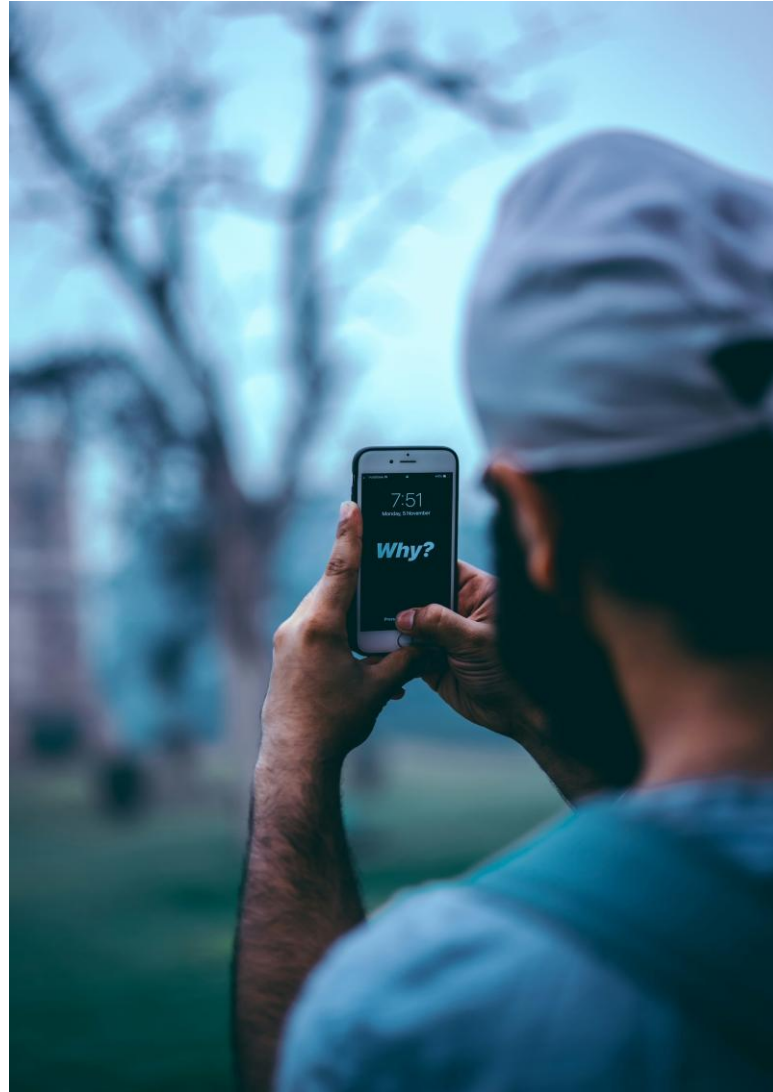
**What does working as a PhD
researcher mean to you?**

Why is it important to focus on career management?



Career development competencies (M. Kuijpers)

**Start with
the WHY**

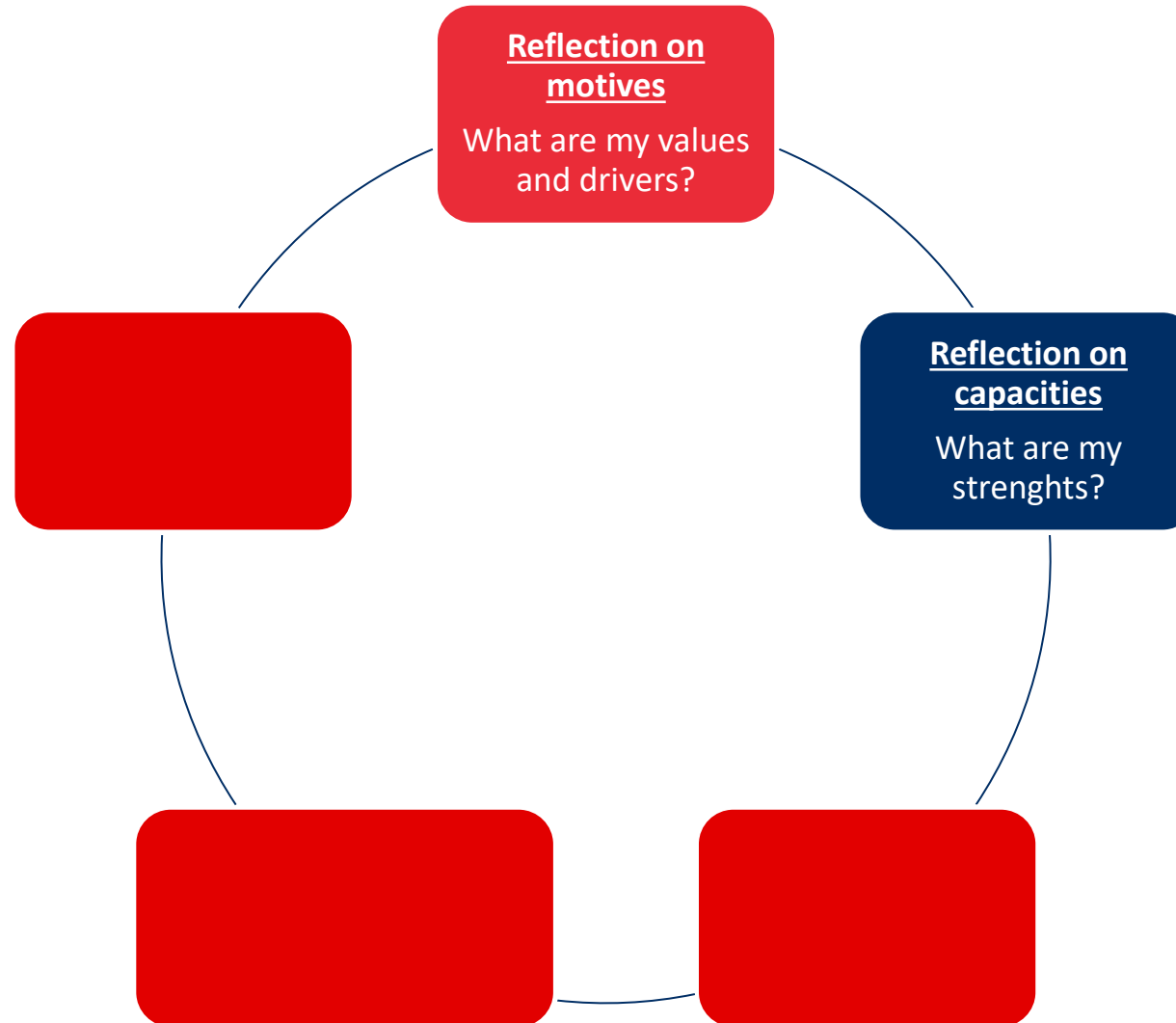


‘Start with the WHY’

Starting point = what working as a PhD researcher means to you.

Ask yourself ‘Why is this important to me?’ (3 x).

Why is it important to focus on career management?



What skills are you obtaining by doing your PhD?

(that you also **enjoy** putting into use)



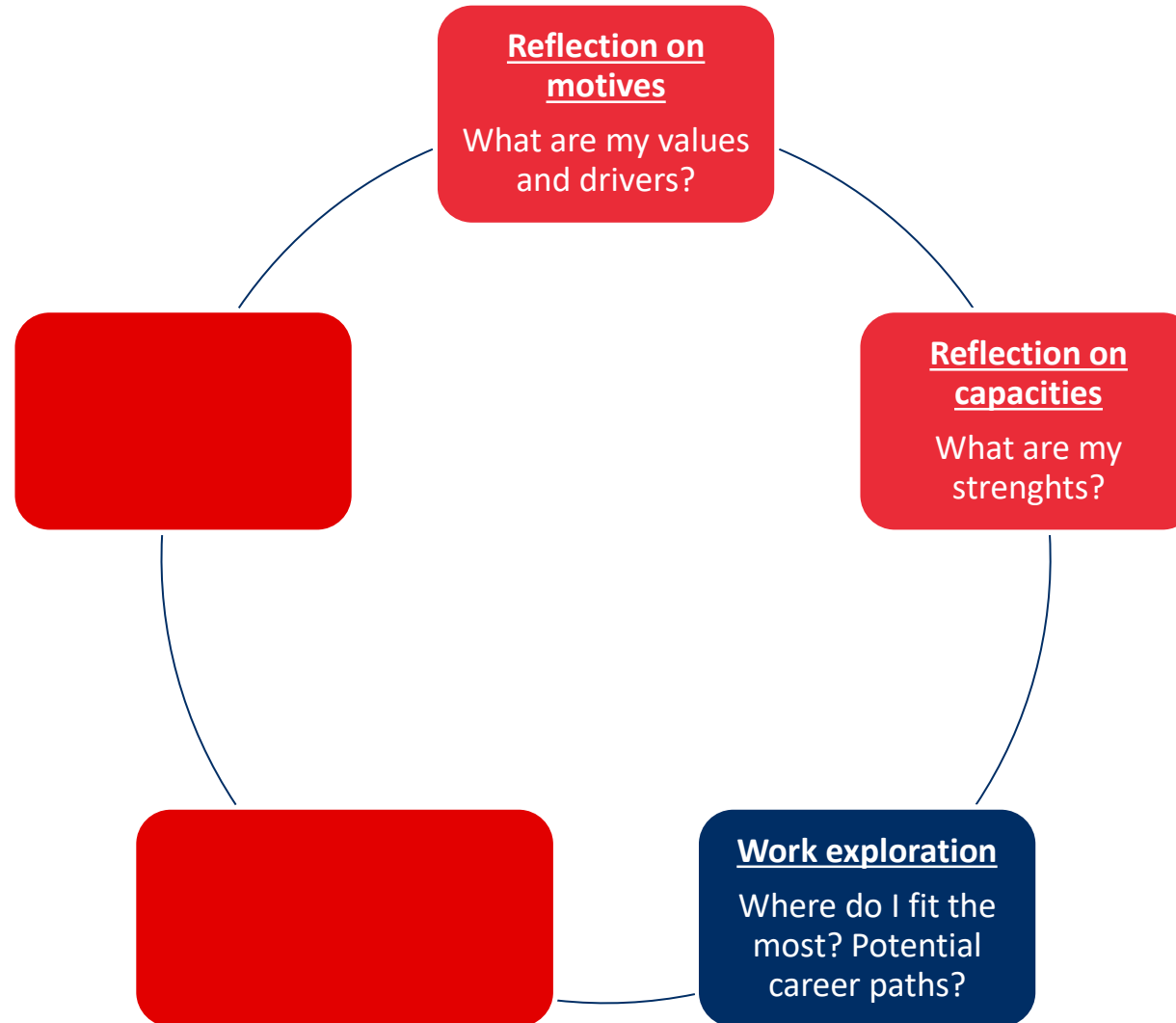
What skills are you obtaining by doing your PhD (that you also enjoy putting into use)?



Thinking

- What drives me in life?
- What are my ambitions & (career) values?
- What are my strengths?
- What are my learning opportunities?
- What drains my energy?
- What makes me lose track of time?
- What do I enjoy in my work environment?
- If I could solve one problem in the world, it would be..
- ...

Why is it important to focus on career management?



Think of three people that you might want to reach out to, people who are doing something that inspires you or who are working at a company that you like: what questions would you like to ask them?

(Contact one of them right after the session 😊)

What are the best parts of your day?

Reflect on one moment this (or past) week where you felt most energized. What were you doing? Who was with you?

Make it specific





So a lot of options

But how do I find my perfect match?



So a lot of options

~~But how do I find my perfect match?~~

“... reject the myth that there is a single, perfect job out there waiting for us to discover it and instead, **identify our multiple selves** – a range of potential careers that might suit the different sides of our character.”

From ‘How to find fulfilling work’ – Roman Krznaric, School of Life



So a lot of options

~~But how do I find my perfect match?~~

→ How do I identify a (range of) **potential career(s) that might suit** (the different sides of) **my character**



Thinking



Doing



We spend most of our waking lives at work in occupations most often chosen by our inexperienced younger selves. And yet we rarely ask ourselves how we got there or what our jobs mean to us.

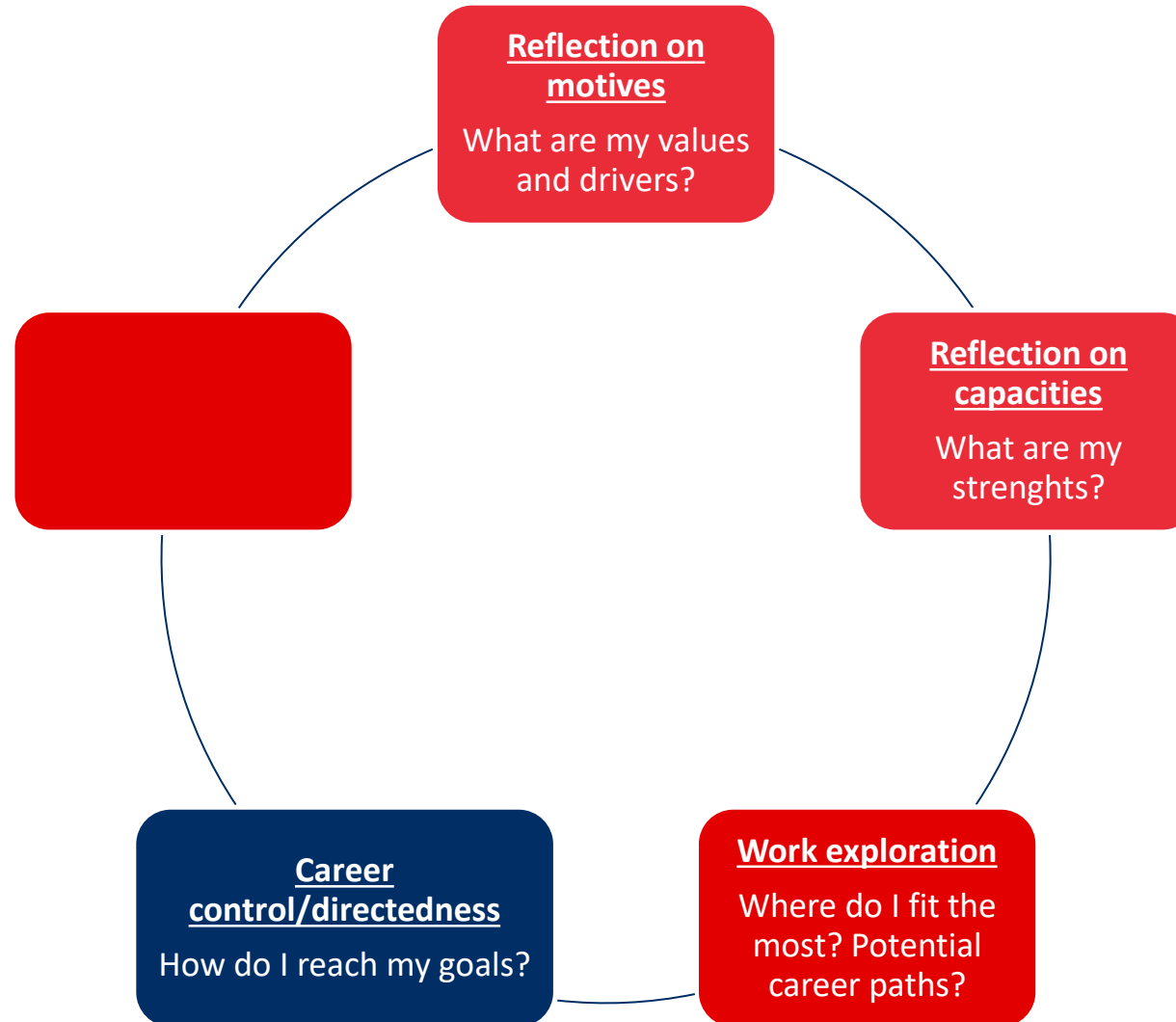
Alain De Botton, *The Pleasures and Sorrows of Work*

A scenic landscape featuring a winding asphalt road that curves through a hilly area. On the left, a grassy hillside rises, with a few people visible on its crest. On the right, a white guardrail follows the curve of the road. In the distance, a small town is nestled in a valley, and the sun is setting, creating a warm, golden glow across the sky. A few birds are seen flying in the sky. The overall mood is peaceful and inspiring.

The secret to getting
ahead is getting started.

Mark Twain

Why is it important to focus on career management?





By far the biggest mistake people make when trying to change careers is to delay taking the first step until they have settled on the destination...

Herminia Ibarra, Working Identity



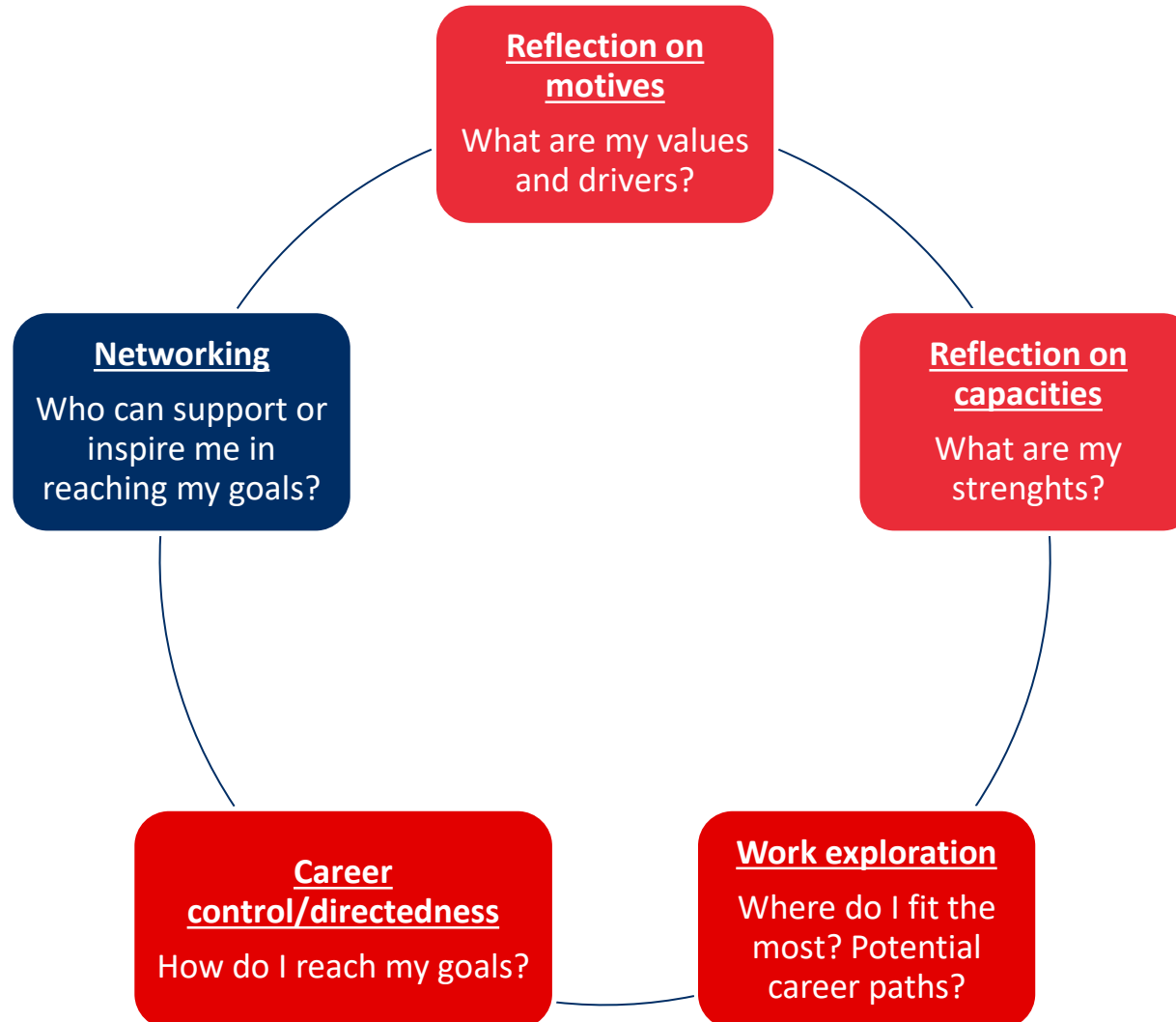
Doing

- Radical sabbaticals
- Branching projects, volunteer work
- Conversational research

But also

- Open up to additional learning opportunities (teaching, board membership etc.)
- Attending workshops
- Investing in your interests/ hobbies
- Getting out there

Why is it important to focus on career management?



**What jobs do the PhD holders you
know do outside of academia?**



What jobs do the PhD holders you know do outside of academia?

A myriad of options!

Self-employment

Consultancy

Policy making/ advising

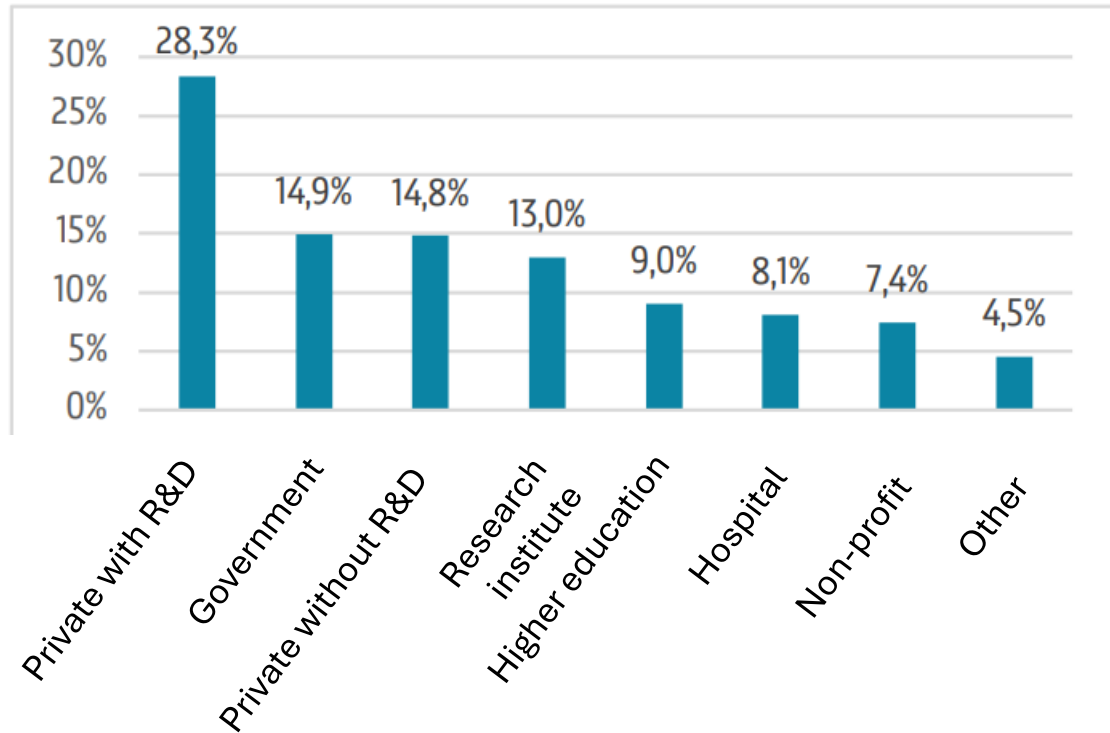
(higher) education

Non-profit

R&D

Government

Figure 1: Share of PhD holders per non-academic sector in their first job after obtaining a PhD, 2017 (N = 1535)



- academic track
- non- profit
- R&D
- Governmental work
- (higher) education
- self-employment
- private sector: working at a big international company or @SME's
- **... anything you want!**

But also:
Luck is no accident; it is a case of planned ‘happenstance’



We are here to help:

**Talent Center
RIVA
The Antwerp Doctoral
School
The HR department
...**

Career management courses:

- Grow your future career (26 & 27 October, 10 November)
- From self-insight to career impact (5 November)
- My personal development plan as a PhD researcher (19 November)
- Applying for a job (18 December)

→ Enroll via SisA Selfservice

Our offer

Talent Center



Networking initiatives

To build your professional network



Training

To make your career future proof



Individual career coaching

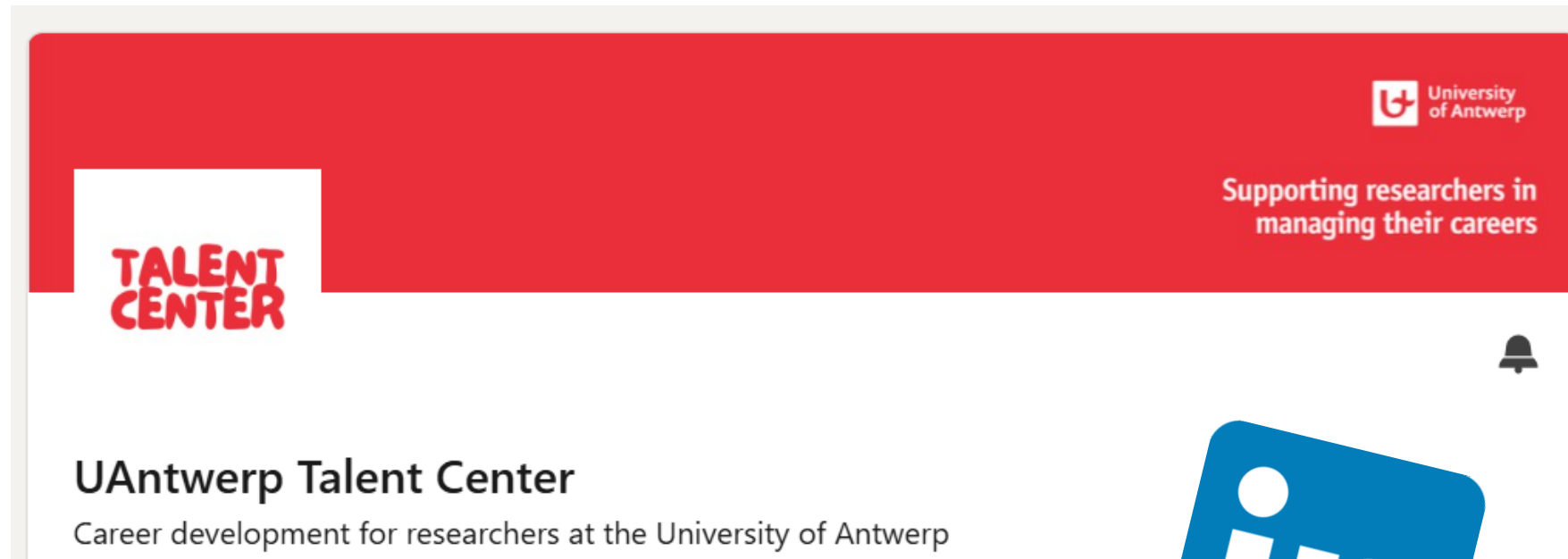
To guide you in making informed career decisions

How to find us?



talentcenter@uantwerpen.be

Stay up to date!



<https://www.linkedin.com/company/uantwerp-talent-center/>



**What are you going to do today that
your future work self is going to thank
you for?**

Thank you & good luck!