

# Invitation



Dear researcher

Are you interested in a hands-on learning experience that can be an eye-opener for your personal development?

The Human Resources Department invites you to take part in the one-day course

## Boost your creative skills

### Content

Creative, persuasive and resilient people have more success in their career and personal life. How to make that difference? In a series of 3 short inspiration sessions will teach you lessons from street kids, surviving life in the hardest circumstances.

You will learn how to:

- Strengthen your creativity skills in your daily work (*Workshop 1: Boost your creative skills*)
- Make your professional goals or story 'stick' (*Workshop 2: Learn to pitch*)
- Recover from setbacks and rejection in order to strike back more effectively next time (*Workshop 3: Increase your personal resilience and agility*)

All these skills will help you perform better in your daily job. We advise you to enroll for all three workshops, but you can also subscribe for one (or two) workshops from the series, depending on your interests, personal needs and schedule.

The series starts with a workshop on **boosting your creative skills**

As a researcher creativity is the engine of research. But busy times, pressured by combining a lot of responsibilities on the postdoc level (teaching, publishing, supervision, ...), often kill your creativity. In this workshop you will make time to dive into creative problem solving methods: what are your enemies, what are your limiting beliefs and how to 'unleash' and shift to more creativity in your postdoc work?

### Target group

Postdoctoral researchers of the University of Antwerp who want to get in charge of their career.

**Time schedule**

Half a day online training on October 8<sup>th</sup> (9h-12h30)

**Coach**

[Bram Doolage](#) from [Streetwize](#)

**Registration procedure**

You can register by clicking [this link](#), with approval of your supervisor.

First come, first served! Places are limited (max 14 per edition).

We look forward to your participation!

Talent Center

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