

1-day workshop

Thriving and well-being as early career researcher: – Self-knowledge as core competence

KIT-Campus Alpin, February 19, 2026

Self-knowledge and emotional intelligence empower individuals and teams to realize their full potential. To understand your individual behavior and recognize contexts whereby your energy flows with ease will allow you to identify your preferred working conditions – an essential base for your well-being and joyful performance at work. With this workshop, we invite you to explore your personality facets through self-reflective as well as engaging interactive exercises in the group.

You will

- explore your personal preferences and individuality
- understand how your preferences can enable a thriving working style
- learn to appreciate the different behaviour of others
- develop a common language for everyone to talk about differences

These immediate experiences are framed by the exploration of emotional intelligence, fostering your ability to react to the behavior of others in a way that eases interaction within a team. This contributes to constructive collaborations and a positive work environment.

Target group

The workshop is targeted towards a maximum of 20 early career researchers.

Timetable

Thursday, 19 February 2026, 9:30 – 16:30

Application

Please register by submitting a motivation email (in cc to the advisor) to Elija Bleher (elija.bleher@kit.edu) **latest by 7 January 2026**. We allocate the places following a first come, first served approach.

Trainer

Dr. Nicola Bauer is a trainer and coach for doctoral researchers and postdocs with focus on purposeful career development, self-awareness and mental health. After a doctorate in stemcell biology, she spent several years in pharmaceutical business consulting followed by second studies in Psychology. Having co-created the career center at Helmholtz Munich, Nicola founded JoyWorks Trainings in 2023 to support early career researchers to build a successful and fulfilling career and life. Drawing on her expertise as a scientist, psychologist, and body therapist, she delivers trainings that combine science-based insights with embodied practices – making them a lasting experience.



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