Dr Lille Springall

Coaching group for doctoral students & postdocs at ETH Zurich
Fix the leaky pipeline!
A career-building program for women in science

16.03.2021 Kick-off Event, Online

Multicultural, Multilingual, Multidisciplinary, Multiskilled, Mother

Training in Human & Complementary Medicine - CH
Human Medicine
Hypnotherapy, Yogatherapy,
Traditional European Naturopathy, Ayurveda

Academic Training:
CPC - Academy for Coach Training (USA)
M.S. & PhD - CMU, USA
M.S. Engineering - Stanford USA,
B.A. Mathematics - Hamilton College USA
ETHZ - CH

www.fix-the-leaky-pipeline.ch
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Coaching Style: holistic, co-active, proactive, client-centered, action-focused

Coaching & Training Clients:
- CEOs to Artists
- Individuals, couples, groups and teams

Coaching Topics: Career Management, Life Coaching, Stress Management, Decision-Making, Leadership, Communication, Conflict, Self-Confidence, Relationships, Crises,

Some of my corporate clients include:
- Takeda Pharma
- Roche Diagnostics
- SAP, ABB
- Credit Suisse

Some of my academic clients include:
- ETHZ, Uni Zürich
- EAWAG
- University of Luzern, Uni St. Gallen

www.fix-the-leaky-pipeline.ch
Coaching group for PhD & Postdocs with Dr. Lille Springall, www.lifequest.ch

Co-creative

Client-centered

Co-active Coaching

Action-Focused

Creative

Holistic

Multidisciplinary

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Coaching Methods

- Co-active coaching methods and exercises
- Individual, pairs and group exercises
- Yogic & Ayurvedic Methods
- Bodywork
- Presentations
- Articles
- Assessments
- Brainstorming
- Hypnosis

Insights into the group’s process

- Brainstorming
- Topics, structure, tasks and methods are defined
- Insights & Open Questions
- Reinforcement
- «Takeaways» are reinforced
- Emotional & Psychological processes are explicitly addressed
Dr Lille Springall

Course Effective Interviewing
ETH Zurich - 4 + 11 November 2021
Effective Interviewing (2 days)
Dr. Lille Springall, www.lifequest.ch
ETHZ, 04.11.21 + 11.11.21, 9-17

- Identify and articulate your strengths and weaknesses
- Improve your self-presentation skills
- Learn how to answer and field challenging interview questions in both academic and business settings
- Practice your self-presentation and interviewing skills in a safe and supportive environment
- Gain self-confidence
- Become a highly more effective interviewee fast