

Fix the leaky pipeline!

A career-building program for women in science

ETH Domain's
Group of Equal
Opportunities for
Women & Men

Done Being Nice!

Increase your assertiveness in institutional power games!

Description and objectives

In the business world as well as in universities, strategies for power games and learning assertiveness become increasingly important with each career step. Have you ever experienced "games" being played with unspoken rules, not knowing how to act or play along?

This workshop reveals and decodes unspoken rules and behaviour patterns, guides you in identifying scheming, traps and tricks, and shows you how to achieve greater room for manoeuvre and increased assertiveness.

- Decoding verbal and non-verbal language, symbols and gestures in daily power games
- How to make yourself seen and listened to in meetings and further relevant settings

(The participants will...)

- know the essential rules in power games
- are able to decide in any given power situation whether they want to participate in the game or not and thus gain more freedom of choice

Approach

- Theoretical and evidenced based inputs about relevant mechanisms and models in power and status games
- Training of verbal and non-verbal tactics and strategies

Trainer

Sibyl Schädeli

Coaching. Workshops. Consulting (www.sibylschaedeli.ch)

Social Anthropology lic.phil. , certified Coach, Management of Non-Profit Organisations MAS

Sibyl Schädeli works as a lecturer, writer, executive coach and consultant. She is specialized in leadership and career development with a main focus on power and status games. Sibyl Schädeli has long-standing leadership experience in the Swiss Federal Administration and in the healthcare sector. Her main clients come from universities, hospitals, diplomacy and politics