Coaching groups with Ingrid and Verity
JOINT SESSION ON LEADERSHIP
Ingrid Le Duc

Friday. Sep. 13
Start, who we are, where we stand

Fri. Sept 27
JOINT SESSION
Leadership

Fri. Oct 4
Skills + hot topic

Fri. Oct. 11
Skills + hot topic

Fri. Nov.
Pending issues and wrap-up

1

I’m a Psychologist. PhD - Social Psychology + trained in counseling for strategic change.

>15 years at EPFL’s Teaching support centre (CAPE) coaching teachers and researching theories of learning. I’m also, an independent educational consultant and trainer.

I’m committed to help women fulfill their potential when they find themselves in the intersection between ideas about researching, teaching and learning in Higher Education and their realities.

I have lived, worked and studied in three different countries.

Mother of two, swimmer and a bit of a nerd.
<table>
<thead>
<tr>
<th>Build your confidence in Ingrid’s coaching group</th>
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<tbody>
<tr>
<td><strong>Themes</strong>&lt;br&gt;chosen by the group, strategies are suggested by the coach.</td>
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<td><strong>Discussions</strong>&lt;br&gt;Structured to help each one reflect, share and coach each other.</td>
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<td><strong>Aim</strong>&lt;br&gt;Provide a ‘confidence-proof’ toolkit to help you achieve short and long term goals.</td>
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<td><strong>Shared session</strong>&lt;br&gt;on how you will benefit from understanding authentic leadership.</td>
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<table>
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<tr>
<th>Question</th>
<th>Answer</th>
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<tr>
<td>Do I have imposter syndrome?</td>
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<td>How do I speak about my needs to my supervisor?</td>
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<td>What makes it important to feel and act confidently?</td>
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<td>What does a masculine culture mean for my career in STEM?</td>
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Verity Elston PhD

Exploring (and making?) career choices, within and beyond academia
Over 15 years in research and support for career development

PhD in Anthropology
CAS in Leadership
Certified Coach, Trainer, TRIMA facilitator
Design thinking
to learn and support each other, grow your confidence and work out what comes next

Empathy
Curiosity
Exploration
Exchange
Creativity
Wednesday May 1, 13:00-17:00
Wednesday May 15, 13:00-17:00
Thursday June 6, 13:00-17:00
Friday August 23, 13:00-17:00
(timings are flexible, depending on availabilities of all participants)

Joint session on leadership:
Friday September 27, 9:00-13:00
Knowing what’s right for you
And how you’ll get there

Verity Elston

Building your strengths
And your confidence

Ingrid Le Duc
So what is coaching?

procrastination
procrastination
the avoidance
of an emotion
Notice

Investigate
Choose

Embrace
welcome to coaching!

understand approach share

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