

Coaching groups with Ingrid and Verity



JOINT SESSION ON LEADERSHIP

Ingrid Le Duc



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

1

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

Fri. Sept 27
JOINT SESSION
Leadership

2

>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.

Fri. Oct 4
Skills + hot topic

3

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.

Fri. Oct. 11
Skills + hot topic

4

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

Fri. Nov.
Pending issues
and wrap-up

5

Mother of two, swimmer and a bit of a nerd.

Build your confidence in Ingrid's coaching group



Themes are chosen by the group, strategies are suggested by the coach.

Discussions: Structured to help each one reflect, share and coach each other.

Aim: Provide a 'confidence-proof' toolkit to help you achieve short and long term goals.

Shared session on how you will benefit from understanding authentic leadership.

Do I have imposter syndrome?

How do I speak about my needs to my supervisor?

What makes it important to feel and act confidently?

What does a masculine culture mean for my career in STEM?



Verity Elston PhD

Exploring (and making?) career choices, within and beyond academia



PhD in Anthropology

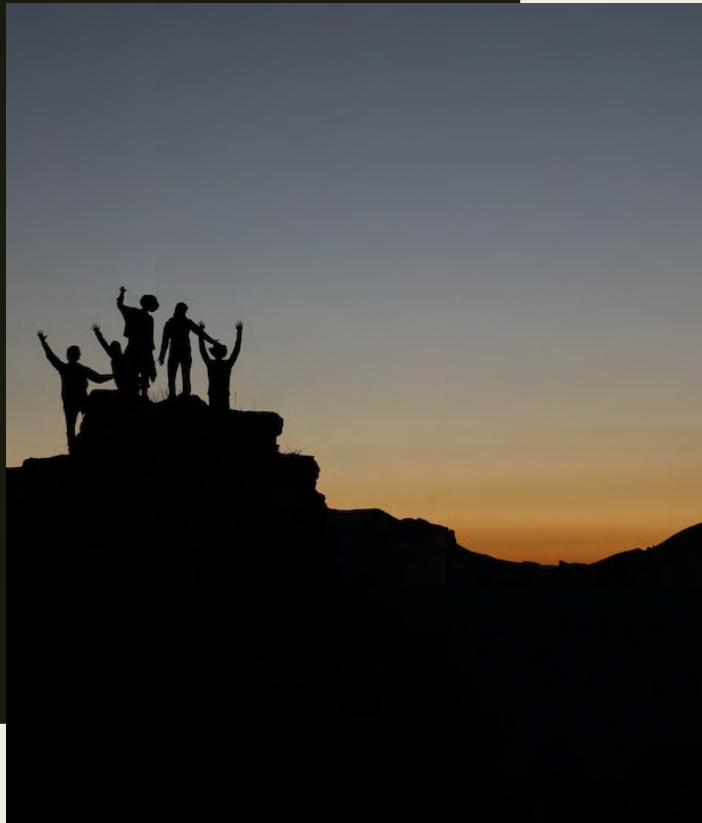
CAS in Leadership

Certified Coach, Trainer, TRIMA facilitator

Over 15 years in research and support for
career development

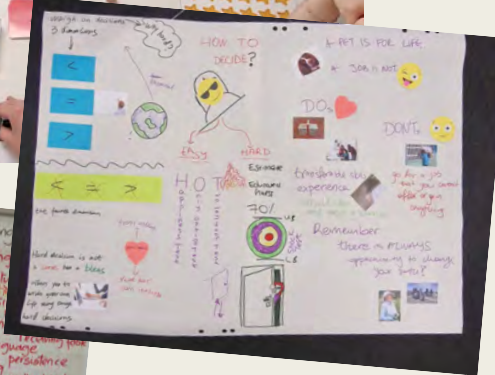
Empathy
Curiosity
Exploration
Exchange
Creativity

Design thinking
to learn and support each other, grow your
confidence and work out what comes next



STUCK

- My values?
- getting out of my shell
- no time to read material and journal regularly
- time management
- social and fun for me staying out of work in a bit
- writing down thoughts, observations, I do better
- being the manager / being up with the system I should use
- to start writing
- no applying "technology" solutions I identified
- feeling swamped here and there, not clear
- motivation about I want to do it!



presenting/publicing

- maintaining listening
- conclusion
- speaking clearly
- storytelling
- empathy
- humour/relatability
- teaching/supervising
- clarity
- listening
- empathy
- giving feedback
- receiving feedback
- managing expectations
- adapting to the audience
- public speaking
- guidance
- motivation
- networking
- body language
- explaining
- authenticity
- perseverance
- leadership
- motivation
- inspiring
- accessibility
- delegation
- assessment
- find knowledge
- seeing the big picture
- project management

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

Building your strengths
And your confidence

Ingrid Le Duc



Knowing what's right for you
And how you'll get there

Verity Elston



So what is coaching?

1

procrastination

2

procrastination

the avoidance
of an emotion

3

nice

used with kind permission of
Dr Vikki Burns, the PhD Life Coach
thephdlifecoach.com

4

Notice

5

investigate

6



Choose

7



embrace

8

welcome to
coaching!

understand

approach

share

9

Coaching groups with Ingrid and Verity

10