

## IRTG 1123 Softskill Courses

### How can you identify your career goals?

Course by:

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Keynote Speaker, Coaching, Consulting

Course Duration:

1/2-day Workshop

Course Date:

12pm – 4pm, June 17<sup>th</sup> 2024

Course Place:

Ziemssenstraße 5, 1. OG, Seminar Room 1

Participants:

16 Students

About:

- Former professional cyclist and record holder with scientific academic background, now coach with 20+ years of experience how to set goals that are fulfilling and motivating
- Learn a method how to identify your career goals based on your strengths, motivations and values
- Develop a success mindset to gain courage, stay motivated, think innovatively, adapt to constant change and successfully achieve your targets
- The workshop focuses on interaction and discussion coupled with self-reflection