



Challenges for postdoctoral researchers

- Early stage postdocs -

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This presentation

What I learned this far ...

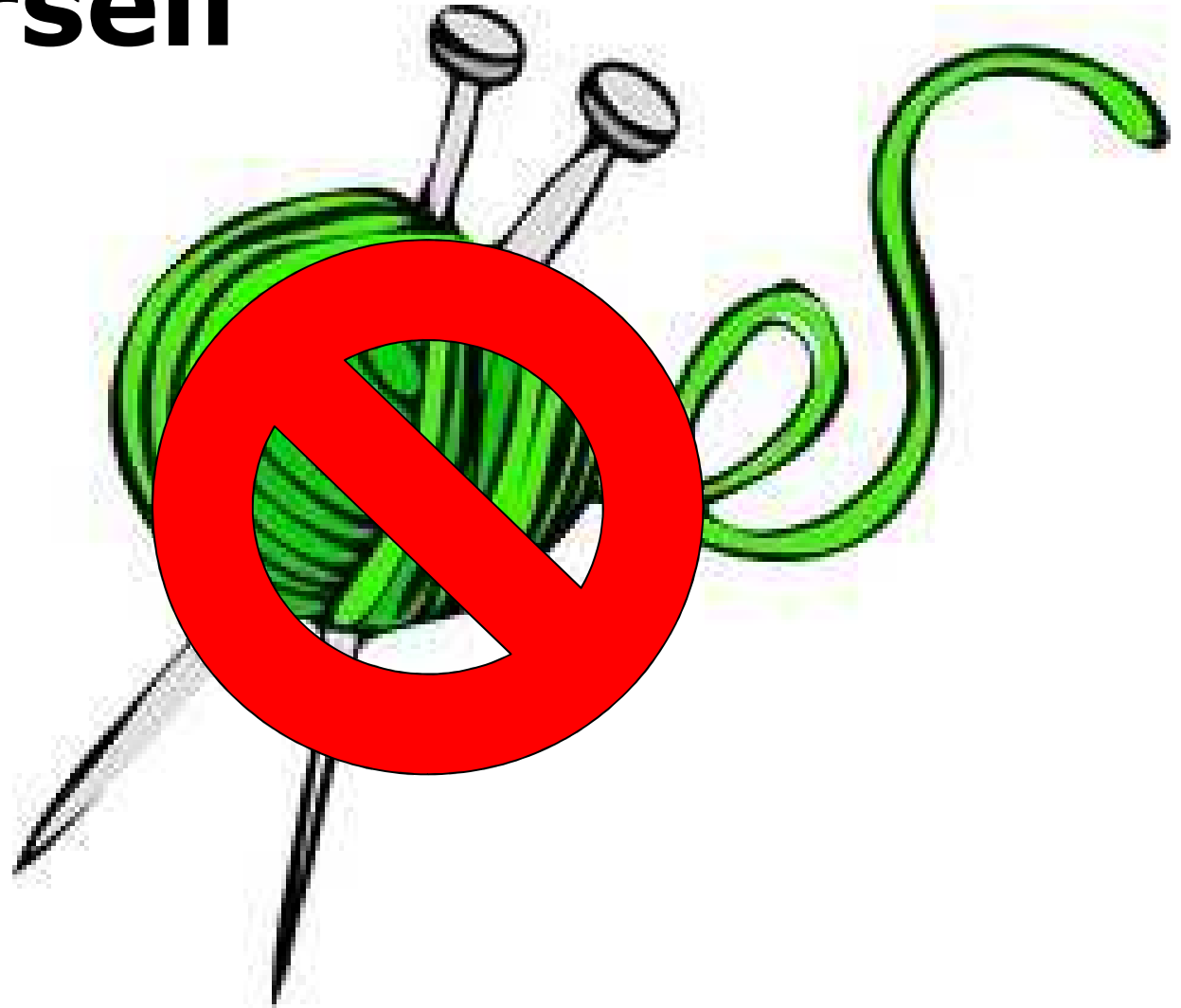
Do/did you have similar experiences?






(1) Recognize that getting a PhD is a major life-course event

(2) Learn to present yourself



A photograph of two young women with long hair, smiling and looking down at small cakes they are holding. The woman on the left is holding a chocolate cake, and the woman on the right is holding a yellow cake with a cherry on top. They are wearing light-colored blouses and dark polka-dot aprons. The background is slightly blurred.

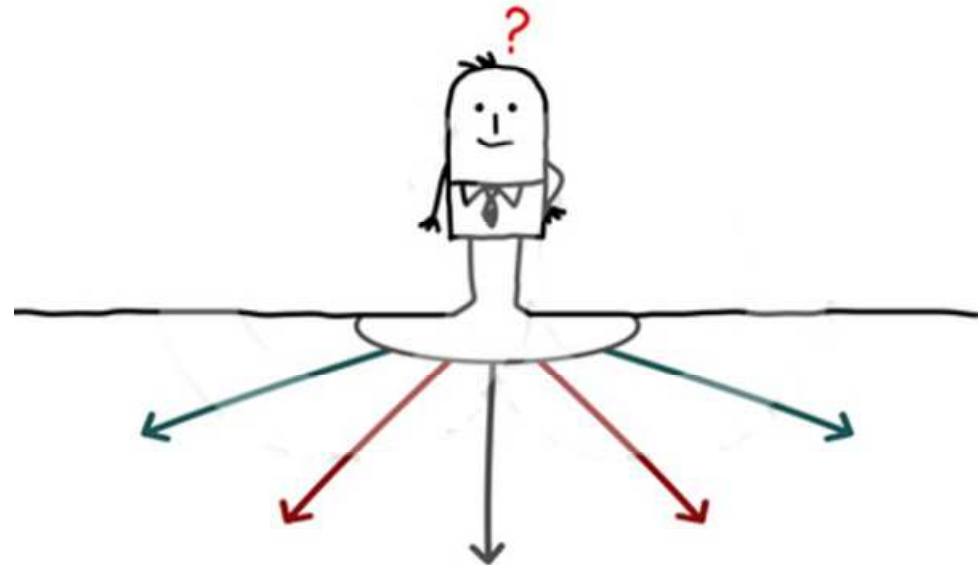
(3) Choose your activities

- say "no"

- delegate

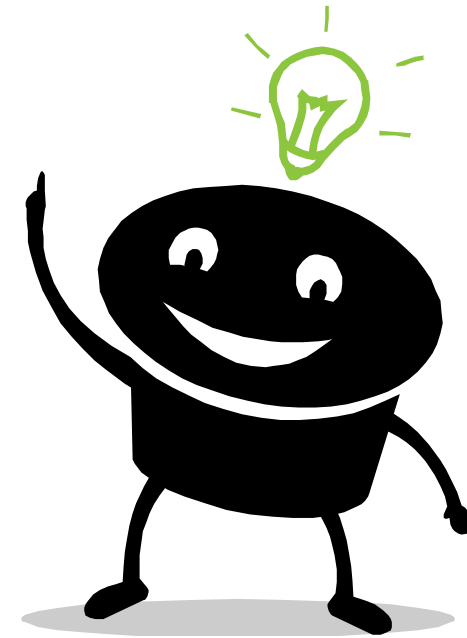
(4) Figure out what you want

- work/family/life**
- what kind of career?**



(5) Find solutions

- compare countries
- get a mentor
- learn from other disciplines, professions, ...



... maybe the FLARE fellowship is a good starting point