

Managing your PhD

Are you a PhD candidate who could benefit from structuring your work, having a firmer grip on things and confidence in your research? In this training course you'll explore how you can manage your doctoral research successfully as a whole. You learn the basic theory of project management and you will apply them to your own doctoral project during practical exercises and discussions. Furthermore you will learn how to manage your time and organise your work more efficiently to increase your productivity and move through the PhD track more smoothly. This will enhance your focus and reduce time-related stress in your life.

By reflecting on thinking, your way of acting, and external factors related to your (lack of) time and self-management, it will become clear what you can solve, tackle or change to achieve personal goals. More focus, clear priorities, awareness, and more organisation of your work will be the result. The training will focus on your personal needs and situation.

We'll cover the following topics:

- Basic theory of project management
- Applying basic theory of project management to individual doctoral project
- Practical support in planning and execution of the promotional project
- Time Management Self Management
- Strategic communication with stakeholders
- Prioritising tasks
- Stopping procrastinating
- Better balance between work and private life,
- Managing the growing workload,
- Dealing with ad hoc matters, while not losing track of your long term goals.