



## 7. Fachtag: Gender, Diversity & Career Development

**29.09.2025**

**Workshops for PhD students, PostDocs & interested researchers**

**Location: SupraFAB | Altensteinstr. 23a | 14195 Berlin**

**Registration per E-Mail: [gender-diversityCRC1449@bcp.fu-berlin.de](mailto:gender-diversityCRC1449@bcp.fu-berlin.de)**

**[gender-diversity@trr227.de](mailto:gender-diversity@trr227.de) or**

**[crc183-gender-diversity@uni-koeln.de](mailto:crc183-gender-diversity@uni-koeln.de)**

**8.30 AM–9.00 AM | Room 201 (big Meeting Point)**

**Get Together with Coffee, Tea and Cookies**

**9.00 AM–12.30 PM | online**

**What if you are good enough after all...**

**... even though self-doubt claims the opposite?**

Insecurities and even fear all the way up to 'the imposter-syndrome' divert important energy from our work: we're unfocused, drag out important decisions, are too careful in our communication and feel unclear in our career steps. In this workshop you will gain basic emotion management knowledge based on neurobiology, reflect on your own experience and develop transferrable skills to stabilise and refocus yourself in challenging work situations even after bad experiences and discrimination.

*Jesta Phoenix (Work Emotion Coach and Trainer focused on diversity and migration; trauma and neurodiversity awareness in the workplace)*

**9.00 AM–4.00 PM | Room 201**

**Tackle Stress, Beat Procrastination, Stay Focused!**

Tight deadlines, constant pressure, and procrastination getting in your way? In this workshop, you'll explore your personal stress patterns, learn how to deal with inner and outer pressure, and discover practical tools to manage stress more effectively. Together, we'll explore how to shift your mindset, strengthen your inner resources, and develop a more positive, constructive view of everyday challenges. We'll also take a look at procrastination – and how to move forward with more clarity, focus, and ease.

*Dr. Iris Köhler (Career Coach, Trainer for Stress Management and Resilience)*

**12.30 PM–1.00 PM | Room 201 (big Meeting Point)**

**Lunch Break**

**12.00 PM–2.00 PM | Room 101** or online (please register for online), in English or German

**Short one-on-one counselling sessions**

Feel free to come with any questions, issues and feelings concerning gender- or sexuality-based discrimination, harassment and (sexualised) violence. Thanks to many years of experience in this field, I can create a safe environment to share what is on your mind, offer a professional assessment and provide information about further support options.

*Hannah Gestrich (Clinical Psychologist, trained in traumacentered counselling, systemic therapist in training)*

**1.00 PM–4.00 PM online**

**Working with GenAI: Navigating Diversity Bias, Ethics, and Opportunity**

Generative AI systems like ChatGPT are powerful tools – but they're not neutral. They reflect societal biases, raise ethical questions, and are built on infrastructures that often remain invisible. At the same time, they offer opportunities for reflection, critical engagement, and inclusive innovation. This workshop takes a clear-eyed look at both the challenges and potentials of using GenAI tools – especially in research and knowledge work. You will explore how bias shows up in chatbot interactions, how these tools are shaped by global labor structures, and how they can be used more thoughtfully and responsibly in everyday academic practice.

*Dr. Maia George (Academic Coach for GenAI tools in academia, science communication and social media)*

**4.30 PM–5.30 PM | Room 101** or online (please register for online), in English or German

**Evening talk: Happy Consulting Hour**

Wishes, questions about gender equality and mentoring, about career development, about advice on where to go (regarding work-life balance, discrimination, etc.) and about individual support? You are very welcome!

*Dr.in Sarah Huch (Consultant and Coordinator for Gender & Diversity)*



organized by Dr.in Sarah Huch | creditable with CPs  
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