

## W2W Women's Workshop- 2022 Program

### **Session 1: General Strategies - 17 Jan. 2022, 09:00-13:00, online**

*Trainer: Muriel Aichberger (<https://www.murielaichberger.de>)*

- How to handle mansplaining and frequent interruptions/talking-over by colleagues
- What is imposter syndrome and how do I deal with it?
- How can I change my language to be less apologetic/small (e.g. "I'm not sure but I think..")
- What to do if a colleague appears to be biased?

### **Session 2: Voice Training - 31 Jan., 1-2 Feb. 2022, online**

*Trainer: Susanne Bentzien (<https://schauspiel-stimmtraining.de/>)*

- How to carry your voice confidently and calmly (including breathing exercises)
- Modulating your speaking pitch

### **Session 3: Panel Discussion with W2W PIs and ECS - 8 Feb. 2022, 13:00-16:00, online**

- Inviting one or several female PIs to share their experiences and thoughts
- Open question round between PIs and ECS
- Discussion Groups via Coffee Breaks (with suggested topics)
- Book recommendations (similar style to ECS Würzburg Tool Presentation)
- Networking