



# Never again speechless!

Short online course on standing up for yourself at the workplace

The #metoo movement has stated the obvious: Inappropriate behavior abounds, not just in private life, but also at the workplace. The spectrum ranges from implicit behavioral inequalities through verbal overstepping up to plain harassment. Unfortunately, the phenomenon does not stop at the doors of academic institutions.

This short course is aimed at academics who want to become more confident in standing up for themselves in such situations. You will acquire a set of tools for preventing and responding to various types of inappropriate language and behavior, including an “Emergency Kit” of verbal countering methods.

In a practical approach, we will apply those methods to real world examples from the participants’ experience. Practicing your reactions will make sure that you’ll be able to retrieve them effectively when needed. Equipped with this training and with mental clarity and determination, you will never have to remain speechless again.

Please note that this course does NOT specifically address mobbing.

## Your Course Instructor

Dr. Simone Cardoso de Oliveira is a freelance consultant with a long-standing background in the (neuro)sciences, innovation and technology. Empowering young academics is one of her personal ambitions. The course is based on a wealth of personal experiences with transgressive behaviour, active engagement in martial arts (incl. Krav Maga) and her professional expertise as career coach.



## Organizational Issues

**Format:** Online, via videoconferencing plus virtual whiteboard

**Target group:** Academics of any career level. Women particularly welcome.

**Languages:** English or German

**Group size:** min. 6, max. 16

**Duration:** 3 hrs

**Course fee per participant:** 85 € plus VAT (if applicable)