

## PhD Course

### Leadership- and team building training

Block course:

15.01.2019: 9:00 am – 12:30 pm / 01:30 pm – 05:00 pm

**Lecturer:** Dr. Gaby Schilling

**Course Overview:** In leadership positions, formal as well as informal ones, individuals are confronted with a large number of expectations – from their supervisor, their team, their colleagues, and also from themselves. Targets have to be reached efficiently, and the motivation of the team has to be kept at a constantly high level, to name just a few. To fulfil this role successfully in an authentic way, self-reflection and a basic attitude characterized by trust, appreciation, and congruity are needed as well as social and personal skills.

To lead teams and individuals effectively, clear communication is key. In this course, the fellows will have the chance to gain practical experience in role plays involving typical communicative leadership situations like delegating and giving (positive as well as critical) feedback to team members. Theoretical input, reflections and discussions will be utilized to help the participants get a broad overview about what leadership roles are like and to support them in finding out how they personally can be good leaders.

**Topics:**

- Expectations towards good leadership
- Motivating teams and individuals
- Leadership styles and decision making
- Clear communication and active listening
- Delegating
- Complimenting and criticizing

**Teaching language:** English