

June 11 & 12 2015

Create your Future, Discover Talent www.gsmsconference.com















Logo design by:



Booklet printed by:



Copyright GSMS PhD Development Conference 2015

Table of contents

Words of Welcome

Program day 1 Purple

Program day 2 Purple

Maps of the conference area Purple

Venue of the social dinner Purple

Detailed description of program day 1 Green

Detailed description of program day 2 Orange

Career market booths Pink

How to

Organizing committee 2015

To my fellow talented PhD candidates,

We have all come to this conference for an important reason: development. To discover your talent, right now in your PhD, and to further develop or start creating a future career. A PhD graduate can possess an enormous range of talents, but the trick is translating your talent to a potential employer and making them work for you in your future career. Over the next two days, diverse professional speakers, of which some have already finished a PhD, will share their personal experiences and expertise with you.

This conference is supported by the Graduate School of Medical Sciences (GSMS), of which the PhD curriculum offers an extensive program of more than 70 diverse courses and activities to choose from, therefore allowing each PhD student the opportunity to tailor their program in relation to their own personal interest.

When we graduate, some of us will prolong their challenging contribution to academia for the remainder of our careers, while others will transfer to bright adventures in different fields like business or government. Your talent will serve as loyal companion on this future journey. My colleagues on the organizing committee and I urge you all to use this unique conference to inspire yourself to expand, diversify, and create a future of your inner capital. You can be in control of your development.

Finally, I issue a message to all of you: "It's not just about creativity, it is about the person you're becoming while creating" [Charlie Peacock]

Yours sincerely,

Heleen R. Hoogeveen GSMS PhD Development Conference Chair PhD Candidate in Medical Sciences / BCN Research Institute





Onze vestigingen zijn een levende etalage van passie en betrokkenheid. Die inzet ziet u terug in uw drukwerk.

Netzo snel & flexibel

	Kamer A/B/D																1	Вu	idə	cos	pəə	ds							
	Rode zaal													Intellectual	autonomy	- Tjeerd Andringa	Communication in	style			The wisdom of	aging	- Sophia de Rooij	Don't let the time	be faster than you				
														13:30-	14:15		14:15-	15:00			15:30-	16:15		16:15-	17:00	Į			
ent	Lokaal 17													Workshop:	Outside the box	communication	tools	- Ward van der	Houwen		Workshop:	Outside the box	communication	tools	- Ward van der	Houwen			
Your Tale	Lokaal 10													Workshop:	Can you	impact	others?	- Reineke	Kins	X	Workshop:	Can you	impact	others?	- Reineke	Kins			Drinks & Dinner - Location: El Txoko
Discover 1	Lokaal 9													Workshop:	How to	manage	yourself	- Chris	Stultiens		Workshop:	How to	manage	yourself	- Chris	Stultiens			Dinner-Loc
Day 1: Discover Your Talent	Lokaal 4													Workshop:	Tools for	creative &	critical	thinking	- Gerard Vonk		Workshop:	Tools for	creative &	critical	thinking	- Gerard Vonk Stultiens			Drinks &
•	Ronde													Workshop:	Recognize	your talents	- Fransis	Bosch			Workshop:	Recognize	your talents		Bosch				
	Blauwe zaal		Opening day 1	Create your	future, use your	talents	- Bas Haring	THE X	Discussion panel:	Discuss talents:	Get inspired by	professionals															Stay challenged,	think positive! - Marc van Mil	
	Fontein patio	Registration			T A S			Coffee break	Si	eiti	ivito		In	niq			000 uo			Coffee eck break	_	əli	ioi	d					
	Time Room	08:15-09:15	09:15-09:45	09:45-10:30				10:30-11:00	11:00-12:30			-		13:30-15:00						15:00-15:30	15:30-17:00						17:00-17:45		18:00-23:30

	Ronde		Speed dating with companies											
	Rode zaal	XXX	Journey to the desired job Decide yourself, don't let others decide for you - Lex Hoogduin - Lex Hoogduin - Lex Hoogduin - Martijn de Groot Get the most out of a team - Hanneke Grutterink											
			13:30- 14:15- 15:00 16:15- 17:00											
	Lokaal 17		Workshop: work to live, or live to work? workshop: Workshop: Workshop: work?											
Future	Lokaal 10		Workshop: Construct your dream job, start a business - Niek Huizenga dream job, start vour dream job, start a business - Niek Huizenga											
eate Your	Lokaal 9	19A16	Workshop: Use your personal brand brand brand Cse your Des your personal brand											
Day 2: Create Your Future	Lokaal 4		Workshop: Overcoming setbacks - Marno Duursma Overcoming setbacks - Warno Duursma - Marno Duursma											
*	Carré zaal		Recognize your dramp: job iob Pransis Posch Recognize your dramp job - Fransis Bosch - Fransis Bosch - Fransis											
	Blauwe zaal	Opening day 2 Talent is a gift, but duty calls Lidewey van der Sluis Dicussion ponel: Different career perspectives after your PhD												
	Fontein patio	Registration Coffee Lunch	Drinks & addition of the sea of Coffee Bries & Bites											
	Time Room	08:45-09:30 09:45-10:30 10:30-11:00 11:00-12:30	15:30-15:00											



Our Consumer Lifestyle sector is dedicated to responding to the consumers' aspirations all over the world, inspiring and enabling them to be healthy, live well and enjoy life.

Helping people achieve a healthier and better life

PHILIPS







Healthy cooking



Confident smile

YOUR INDEPENDENT SERVICE LABORATORY FOR DNA-BASED RESEARCH SINCE 1993



BaseClear Einsteinweg 5 2333 CC Leider +31 (0)71 523 39 17 info@baseclear.com

Microbial Identifications and Typing

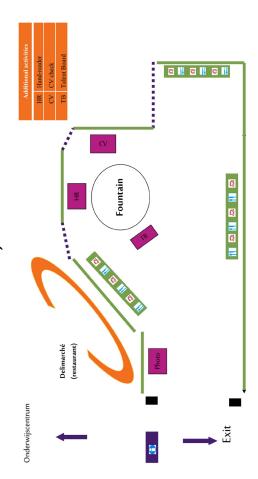
BASECLEAR

Lab Products from Zymo Research

FOR 100% DNA RESULTS

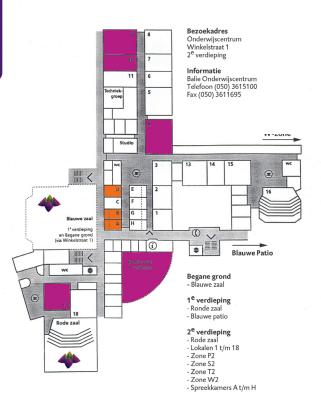
WWW.BASECLEAR.COM

GSMS PhD Development Conference Fonteinpatio on day 1 11th of June 2015



11 Inventive Health clinic Healthy Aging campus Beren op de weg Ridder Print 8 Gilde Print 9 Ellen Beck 3 Netzodruk 4 BaseClear 2 Sanofi 10 Philips 14 PNN 10 11 12 **GSMS PhD Development Conference** a a a Fonteinpatio on day 2 Fountain 12th of June 2015 OH OH OH 4 5 6 7 8 9 (restaurant) Delimarché (onderwijscentrum) Exit <u>...</u>

Onderwijscentrum



Venue of Social dinner

ElTxoko

At the end of the first day (June 11th) a dinner will be hosted at El Txoko (registration required), here you can socialize with fellow PhD's, speakers and sponsors.

El Txoko is located in the city center of Groningen in Oude Kijk in 't Jatstraat 53 and doors will open at 18:00.

Two drinks will be included in dinner costs; you can pay additional drinks separately (cash).







SANOFI, EEN VEELZIJDIGE WERELDLEIDER OP HET GEBIED VAN GEZONDHEIDSZORG, GERICHT OP DE BEHOEFTEN VAN PATIËNTEN

Onze strategie is gebaseerd op drie belangrijke pijlers: meer innovatie in R&D, het benutten van externe groeimogelijkheden en aanpassing van ons bedrijfsmodel aan toekomstige kansen en uitdagingen.

Sanofi's kracht manifesteert zich specifiek in 6 groeiplatforms: opkomende markten, vaccins, zelfzorggeneesmiddelen / consumer health care, diabetes, innovatieve producten en diergeneeskunde. Door de acquisitie van Genzyme heeft Sanofi haar expertise op het gebied van biotechnologie en zeldzame aandoeningen versterkt.

Met haar 110.000 medewerkers in 100 landen zet Sanofi zich samen met haar partners in om gezondheid te beschermen, levenskwaliteit te verbeteren en een antwoord te geven op de potentiële (gezondheidszorg)behoeften van de 7 miljard mensen op deze aardbol.



VOOR ONTWIKKELING EN OPLEIDING VAN PROFESSIONALS IN DE ZORG



Wenckebach Instituut



Ward van der Houwen

"...intuition can be a powerful engineering tool, when properly trained...

Inspirator Workshops | Performances | Lectures
Engineer | Product (re)development | Conceptual engineering

vdhouwen.eu info@vdhouwen.eu +31 6 285 78 101







Detailed description program day 1

<u>Plenary sessions</u> <u>Erwin van Aken</u> Daychair, presenter and moderator



Create your future, use your talents

Keynote lecture, 09:45-10:30, Blauwe Zaal

How do you define a talent? And how can we recognize, strengthen, develop, and implement these talents? These topics will be covered on the first day of the conference. In this opening keynote lecture, philosopher Bas Haring will give a general introduction



on the topic "talents" and will talk about what it means to have a talent and how we can use these strengths while creating our future. This talk will focus on the question whether general PhD talents exist, and which talents make us unique.

Speaker: Prof. Dr. Bas Haring, philosopher and endowed professor "public understanding of science" University of Leiden

Discuss your talents: Get inspired by professionals

Discussion panel, 11:00-12:30, Blauwe Zaal

In this session, several statements concerning talent development will be discussed by professionals who either work with young talented people, or are young talented people themselves. Their valuable experience in talent development will be the key to an interactive discussion, where the audience will be able to take part in the discussion by asking questions, and voting for statements.

Discussion panel members:

- Prof. Dr. Ritsert Jansen, dean of talent development and head of the Bioinformatics centre at the University of Groningen
- Dr. Marie-José van Tol, VENI awarded, talented young scientist

- Prof. Dr. Ingrid Molema, Professor of life sciences, member of the Talent Development team of the University of Groningen
- Fransis Bosch, creative director Talent & Career Center
- Gerard Kemkers, former olympian and speed skating coach











Stay challenged think positive

Keynote lecture, 17:15-18:00, Blauwe Zaal
Knowledge of genes shaped my career... but in a very
different way than I expected when studying
Biotechnology in Wageningen! I was a gifted student
planning my internship abroad and heading for a PhD



position in a prestigious lab... but I never ended up at the lab-bench. Instead I create my own DNA-teaching-lab, finished a PhD in science education at Utrecht University and specialized in teaching about DNA. In this lecture I will tell you my story and hope you will recognize that the knowledge and expertise that you develop in your PhD is needed and valued not only for an academic position, but more importantly, as a contribution to society. My contribution is education, what is yours?

Speaker: Dr. Ir. Marc van Mil, lecturer and educational innovator in the Biomedical Sciences. Teacher talent of the year 2013-2014 at Utrecht University.

Parallel lectures

Intellectual autonomy

Parallel lecture, 13:30-14:15, Rode Zaal

The more our mental world reflects actual reality, the more effective and reliable our behavior will be. This is why an educated mind is especially critical about its own thoughts. An educated mind examines the way it



orders its data and uses its assumptions and compares its thoughts with those of others. This mind then adopts the most reliable and productive data, ideas, and opinions. In our formal education we have been trained to produce the results our teachers expect from us. This gave us a trained mind to do and think exactly what teachers and authorities expect from us. The difference between a trained and an educated mind is intellectual autonomy. In this lecture, dr. Tjeerd Andringa will inspire you to reflect critically on your own thoughts. Are your thoughts and opinions actually yours or are you parroting thoughts and opinions of unknown quality? Are the opinions that you hold based on facts or not? Do you critically examine your understanding of reality? Can you think uncomfortable thoughts? Do you have intellectual autonomy?

Speaker: Dr. Tjeerd Andringa, associate professor sensory cognition, expert in teaching critical thinking at the University College Groningen

Communication in style

Parallel lecture, 14:15-15:00, Rode Zaal
Although the Netherlands is a small country, there exist large differences between the regions.
Sometimes these differences are funny, sometimes you have to keep these differences in mind during



your career. In this lecture, stand-up comedian Gijs Nillessen will tell you more about different ways of communicating where humour can be a key instrument.

Speaker: Gijs Nillessen, comedian, trainer, owner Speak Art

The wisdom of aging

Parallel lecture, 15:30-16:15, Rode Zaal

How important is healthy ageing in a career of a PhD student, now and in the future? How do you age healthy as a PhD candidate? What is the goal of healthy ageing? What can a PhD student undertake to



be in the flow with the healthy aging trend? Do you want to know the answer to these questions, then join this 'awakening' lecture!

Speaker: Prof. Dr. Sophia de Rooij, head of the University Centre for Geriatric Medicine at the UMCG

Don't let the time be faster than you

Parallel lecture, 16:15-17:00, Rode Zaal

This will be a presentation about time management by 'a field expert', one who knows how it feels when you fail. Why is time management important? Simply because it allows you to stick to your planning and



that of your supervisor. But also because wasting time makes you feel guilty and insecure. In this lecture, the famous time management quadrant will be introduced with terms such as importance, urgency, manage, focus and avoid, and the obvious to-do-list will be discussed, with specific and realistic tasks and time slots that only fill 60% of your time. Finally, you will practice to say 'no' and learn not to switch between tasks if not really necessary. But the session will also put the time management into a larger perspective of 'project management'.

Speaker: Prof. Dr. Anton Scheurink, professor of Neuroendocrinology, lecturer of the year 2014 at the UMCG

Workshops

Recognize your talents

Workshop, 13:30-15:00 & 15:30-17:00, Ronde Zaal Recognize your talents is an inspiring and interactive workshop about one of the most important aspects in your career: talent. In your job as a PhD student, you work with your own unique talent and qualities.



Nevertheless, most of the time you are not aware what your talent is. When you know what your talent is you are able to investigate how to deploy it better, inside or outside academia. With your talent as well as your qualities, you can distinguish yourself from others and shape your career in a way that makes you stand out and gives job satisfaction. In this workshop the focus is on:

- How you can discover and develop your own talent
- What your talent is in relation to core-qualities
- The need to know yourself in terms of hard-skills (knowledge, expertise, skills and experience) and soft-skills (identity, talent, qualities and personality)?

Speaker: Fransis Bosch, creative director Talent & Career Center

Tools for creative & critical thinking

Workshop, 13:30-15:00 & 15:30-17:00, Lokaal 4
This workshop will initiate an interesting voyage towards free and creative thinking and innovation. We will explore the field of creativity, and also the way we tend to impede ourselves from thinking and acting



creatively. We will become aware of the frequently tyrannical power of patterns, and of the way our brains and functional thinking rule our daily life. By using the rules of creative communication, you will be able to create a new approach to problems. In this interactive meeting we will show you how you can find new ideas through the creative methods of lateral thinking by using your senses, advised by Edward de Bono, amongst others. Creative thinking allows you to

implement a creative and innovative working climate for you and your colleagues, to enhance mutual commitment and enthusiasm.

Speaker: Gerard Vonk, trainer in the field of creative thinking

How to manage yourself

Workshop, 13:30-15:00 & 15:30-17:00, Lokaal 9
Manage yourself equals know yourself; brand your strength and be aware of your weaknesses. In this workshop, PhDs will explore which values and competencies matter to them, and, thus, can make a



difference. Managing yourself includes knowledge (which you have), skills (can be trained), and attitude (your behavior), which together form the architecture of your career. These elements will be explored in this workshop using questionnaires and interactive methodologies. Finally, a brief introduction to the companies Merial, Sanofi, and Genzyme will be given.

Speaker: Chris Stultiens, HR Manager Talent & Organizational Development, Sanofi

Can you impact other people?

Workshop, 13:30-15:00 & 15:30-17:00, Lokaal 10 A workshop about manipulating? No! A better title for this workshop might be "How to influence yourself". During your PhD project, it's sometimes a challenge to get your own items on the agenda. In order to achieve your goals, it is necessary to have an understanding of



communication processes. Leary's Rose is a schematic reproduction of different behaviors and the effect they have on other people. To have successful interactions with other people, you have to choose the most effective behavior. During this workshop you will get an insight into relationship levels, and practice with different kinds of examples behavior. Bring vour own to practice! Speaker: Reineke Expertise for Kins. trainer Center of Communication, Leadership, Assessment, and Collaboration, Wenckebach Instituut, UMCG

Outside the box communication tools

Workshop, 13:30-15:00 & 15:30-17:00, Lokaal 17
Do you want to be able to present your story (pitch or presentation) well and make sure you get it across? In this workshop you will experience how to effectively verbally communicate with your audience, but the



same goes for written and visual communication. Ward van der Houwen is both an experienced scientist, design engineer and performing poet. Together with him and the group you will use poetry as a tool to sharpen your communication skills. As a bonus to your new skills, you will have learned about poetry and enjoyed yourself. Pre-requisite to the workshop is that you bring a (short) poem along (any language will do as long as you can read it).

Speaker: Dr. Ward van der Houwen, industrial design engineer, Artist, Assistant Professor at Faculty of Industrial Design at Eindhoven University of Technology

Additional activities

Speed coaching

Additional activity, 13:30-17:00, kamer A/B/D

Are you struggling with issues during your PhD and you want personal advice? In 15-minute sign-up sessions, you can discuss your issues with a professional coach. These coaches will give you guidance and advice on how to deal with the issues.

Coaches:

- Arjenne Louter, the Dutch PhD Coach
- Jarno Holtman, coach career path guidance and outplacement,
 Van Dam Loopbaangeleiding
- Anna Yedema, talent coach Center of Expertise for Communication, Leadership, Assessment, and Collaboration, Wenckebach Instituut. UMCG







Profile check

Additional activity, 12:30-17:00, Fontein patio You can already take the first step towards your new job by optimizing your CV. Short one-on-one sessions to check your CV, where you will be provided with tips and tricks for improvement.

Coach: Marie Anne Borst, the CV doctor

Funny photography

Additional activity, 10:30-15:30, Fontein patio
Discover if you are talented as a model for
photography. Get this day in memories and take a
picture with your colleagues in costumes representing
different talents.



Photographer: Alina Fedoseienko, Phd candidate, UMCG, family and portrait photographer

Hand reading

Additional activity, 10:30-15:30, Fontein patio
Discover your talent through the mirrors of your soul.
The features of your hands like form, fingers, nails and the lines in your palm reflect your mental, emotional



and physical characteristics. All the individual features of the hand will be combined into a coherent overall picture of you. In short 15-minute hand reading-sessions, your hands show your talents!

Hand reader: Greetje Boomsma, handleespraktijk@hotmail.com

Playing the piano

Additional activity, whole day, Fontein patio
Discover your talent for music! A piano will be present
to show your musical skills or maybe just to provoke
you into taking the first step in discovering hidden
talents



Piano player: Angelique Poot, PhD candidate, Department of Dermatology, UMCG

Talent board

Additional activity, whole day, Fontein patio

Show your own talents and discover the talents of someone else! During the entire day a large board will be available, where everyone can write down the talents that you have, that you recently discovered, and want to have. Don't forget to check out our speakers' talents and to share yours. Maybe you can connect to someone that already has a talent that you want to develop!





www.marnoduursmaadoptiecoach.nl

€ 19,50 including shipping





Groningen | Zwolle Veenendaal | Sliedrecht

Create your future; design your career!

Does the image of your career match with your talent and is it really possible to achieve this?

The Talent & Career Center advises you to ask yourself this question every now and then.

What can you do & what can we do for you:

Career Kit

We developed a thorough test combined with in depth coaching by an experienced jobcoach. Check your career path and find out if you are on the right track!

Career Café

We are planning to organize a tailor made PhD Career Café. Besides a nice drink, you will find lots of information, knowledge and will meet other PhD's to share experiences and ideas with.

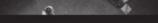


Want to know more?

Contact us via:

050-3111589

Info@talentcareercenter.nl



Return on your talent!

TALENT CAREER CENTER

Detailed description program day 2

Plenary sessions Erwin van Aken Daychair, presenter and moderator

Talent is a gift, but duty calls

Keynote lecture, 09:45-10:30, Blauwe Zaal
Effective and successful employees work in an environment where their strengths, capabilities, and qualities are valued. This is the recipe for becoming a talented person. The focus of this keynote lies on using





your talents in order to become a talented person at the labour market and to serve the economy and society. During this lecture, you will learn why it matters to find such an environment. You will also learn how talents are defined the labor market and what the difference is between these talents and your own talents.

Key questions that will be raised and discussed include: What are your talents and qualities that you want to use at work to add value? What kind of work environment will fit to your talents, qualities and ambitions? What are the next steps for you (and your supervisor)?

Speaker: Prof. Dr. Lidewey van der Sluis, professor of strategic talent management, Nyenrode Business University, and extraordinary professor of Talent Investment North-West University, South-Africa.

Different career perspectives after your PhD

Discussion panel, 11:00-12:30, Blauwe Zaal

In this session, several statements concerning career perspectives for PhD students will be discussed by professionals who all have experience in academia themselves, but have chosen different routes after their PhD projects. Examples of these different routes are staying in academia, starting an own business, or switching to industry. These different routes will be discussed during an interactive discussion, where the audience will be able to take part in the discussion by asking questions, and voting for the statements.

- Prof. Dr. Liesbeth de Vries, professor of Medical Oncology, University of Groningen
- Dr. Ir. Martijn Klein Horsman, group leader within the department for Function and Technology, Philips
- Prof. Dr. Marc van der Maarel, professor of Aquatic Biotechnology and Bioproduct Engineering, University of Groningen
- Dr. Terry Derks, pediatrician metabolic diseases, Beatrix children's Hospital, UMCG
- Dr. Valentina Sasselli Managing editor and associate publisher for Cell Biology. Elsevier
- Dr. Jonathan Mall, entrepreneur, founder of Gumbolt and Recommend.to













<u>Parallel lectures</u> Journey to the desired job

Parallel lecture, 13:30-14:15, Rode Zaal

In this session, CV doctor Marie Anne Borst will guide you through the steps that are necessary to reach your desired job. The first steps can already be taken today and start with your quest for the desired job.



This means getting to know yourself and knowing what you want, and creating an effective CV. So when we have all that, let's talk about networking and presenting yourself. If you want to get the most out this session, bring your own resume so you can work directly with your new obtained inspiration and ideas. Be prepared for an interactive session with lots of information, practical advice and your first steps to your desired future.

Speaker: Marie Anne Borst, recruiter & CV doctor

Decide yourself, don't let others decide for you

Parallel lecture, 14:15-15:00, Rode Zaal

In this lecture, Lex Hoogduin will present his views about how to approach the future. This will be done from the perspective of what we can know and cannot know about the future, where it will be emphasized how little we can know about the future.



This view has consequences for how to deal with career choices and other choices in life; It does not make sense to try to plan your career in too much detail, if you do not want to run the risk of getting frustrated. Lex Hoogduin will illustrate his view about how to deal with career choices with the example of his own career, which stretches from the early 1980s until today. In addition, he will reflect on examples of people who have approached career choices differently.

Speaker: Prof. Dr. Lex Hoogduin, professor of complexity and uncertainty in financial markets and financial institutions, University of Groningen

The impact of Quantified Self data

Parallel lecture, 15:30-16:15, Rode Zaal

The Quantified Self (QS) is a recent movement that incorporates technology into data acquisition on aspects of a person's daily life in terms of consumption, states, and performance. Quantified Self is self-knowledge through self-tracking with



technology. In a world where healthcare and technology increasingly collaborate, we need people who are able to value Quantified Self data. This lecture will introduce you to both fundamental research done within QS and, the implications for the transition from preventing and curing diseases to predictive healthcare will be discussed.

Speaker: Dr. Martijn de Groot, co-founder of the Quantified Self Institute, special interest in the integration of technology and biology

How to get the most out of a team

Parallel lecture, 16:15-17:00, Rode Zaal

As a PhD student you seldom work in a vacuum. In order to be successful as a PhD student you'll need to cooperate with other people: your supervisors, colleagues and fellow researchers. How do you get the



most out of your team? In this lecture, you will gain more insight in how to optimize team performance by using all members' unique knowledge and talents. Hanneke Grutterink will provide an introduction in the skills required for effective cooperation and how you and your team can develop them, in order to get the most out of yourselves.

Speaker: Dr. Hanneke Grutterink, started her own consultancy firm, author of "Skills for working in teams" (co-author: Jan Pieter van Oudenhoven)

Workshops

Recognize your dream job

Workshop, 13:30-15:00 & 15:30-17:00, Carré zaal You are already following a particular career path. Are you sure that this is what really makes you tick.... and why? Sometimes, things turn out differently than what you were aiming for. How do you then



know what you want? In this interactive workshop, the trainer emphasizes the importance of knowing your motives, your purpose, and your true ambition. This helps you deciding what you really want to do, or gives you the confirmation that you are exactly doing what you want to do. In this workshop, the focus is on:

- Why it is important to know WHY you do the things you do
- How you can design your own career and do the work what you were made for

- Short exercises facilitating you to figure out what you really want
- A brief sketch of how you finally get what you want.

Speaker: Fransis Bosch, creative director of Talent & Career Center

Overcoming setbacks

Workshop, 13:30-15:00 & 15:30-17:00, Lokaal 4 In this workshop, Marno Duursma will cover how to deal with setbacks. From his experience as an adopted child, he will talk about how to deal with the feeling that you always have to perform, while actually nothing seems to get done. Every time these situations result in disappointment and a



confirmation of the feeling of being a failure. You start questioning yourself why all others seem to manage, and you don't. Together, we will search for the choices that are important in this process, and how to get the courage to deal with these choices. We will question ourselves in this workshop where such feelings of inadequacy come from. Who decides your success and how do you set realistic goals? How can you bend these negative feelings to more positive feelings, and how do you come out of these setbacks more successful?

Speaker: Marno Duursma, expert on the topic "adoption", author of "trapped in unconditional love"

Use your personal brand

Workshop, 13:30-15:00 & 15:30-17:00, Lokaal 9 Who are you? How do other people see you? Those are two questions that are central in personal branding. So what is your personality in relation to how other people see you? In the workshop 'using your personal brand', we focus on what your



personal brand is and how you can present this to other people. Everywhere on the internet or in self-help books you can find information on how personal branding works and how important it is. Therefore, in this workshop we will focus mostly on what the

internet and self-help books cannot provide: experience and action! Together we will find out how other people see you and how you can improve this in a way that suits you.

Speaker: Johannes Postema, founder of Beren op de Weg, helps people and organizations to keep moving in the constantly changing world around them.

Construct your dream job, start a business

Workshop, 13:30-15:00 & 15:30-17:00, Lokaal 10 There is a strong parallel in starting a research project and starting a new business. Both journeys start with a vague idea and through research questions, hypotheses and data analysis you come to a conclusion. Your hypothesis is accepted/rejected or



your business concept is interesting/not interesting. From this perspective the scientist and the entrepreneur share some vital skills. Many research projects can be transformed into promising business concepts. A growing number of scientists have the ambition to expand their scientific research into a new business. This so called "valorization" is promoted and facilitated by many universities.

In this workshop you will learn how to transform a research project (or an idea) into a business concept. During the workshop we will work on real life cases and it is also possible to work on your "own" idea.

Speaker: Niek Huizenga, internationally focused specialist in the field of entrepreneurship and business development. Founder of the startup hotspot LaunchCafé in Groningen.

Work to live, or live to work?

Workshop, 13:30-15:00 & 15:30-17:00, Lokaal 17 During this workshop, participants will explore their work-related goals and how these goals relate to or conflict with other goals in their lives. They will be educated on how mindfulness can help them to



become aware of their real priorities in life and find a balance

between different important goals. The participants will get the opportunity to personally experience several mindfulness exercises, in order to learn how such exercises can help them both prioritize and unwind in times of stress.

Speakers: Dr. Maya Schroevers, clinical health psychologist, mindfulness trainer & Dr. Joke Fleer, senior researcher Health Psychology. Together, Maya and Joke developed a protocol for individual mindfulness-based therapy.

Additional activities

Speed dating with companies

Additional activity, 13:30-15:00, Ronde zaal

Do you have more specific questions for the companies that are present at the career market? Maybe you are looking for available jobs in one of the companies, or you are curious which kind of skills and talents companies are looking for. Such questions, or maybe more specific questions for certain companies are answered during 15-min sign-up date with a company representative.

Career market

Additional activity, 09:30-17:00, Fontein patio

Around 15 companies and informative stands will be present at the GSMS PhD Career Market. Feel free to approach the companies, show your CV, network, gather more information on printing your thesis, or discover organizations that can help you already duringyour PhD. Maybe you will even meet your future employer! In the corresponding section in this book and on the website, you will find an overview of the companies and informative stands that will be present.

Talent board

Additional activity, whole day, Fontein patio

Show your own talents and discover the talents of someone else! During the entire day a large board will be available, where everyone can write down the talents that you have, that you recently discovered, and want to have. Don't forget to check out our speakers' talents and to share yours. Maybe you can connect to someone that already has a talent that you want to develop!

Professional photography

Additional activity, 10:30-15:30, Fontein patio
A picture says more than thousand words! This is also
true for your online profile and your CV. Here, you can
shoot a professional photo of yourself to make a good
first impression on future employers. Don't forget to
dress up!



Photographer: Alina Fedoseienko, Phd candidate, UMCG, family and portrait photographer

Style advice

Additional activity, 12:30-16:00, Fontein patio "Style is a way to say who you are without having to speak". Get dressed up for a job interview and get one-on-one feedback and tips on your outfit from a style advisor.



Style advisor: Evgenia Bexi, style advisor



Do you experience difficulties with your writing? Are you drowning in your literature? Are you not sure how to create the right circumstances for yourself? Not getting the feedback you need? Are you not happy with the meetings with your supervisor? Lacking motivation? Did you make a plan but don't know how to stick to it or don't have a plan at all? Are things with your PhD simply not going the way they should go? Then there is help for you!

Arjenne Louter - The Dutch PhD Coach - supports you to make the whole process of getting your PhD degree as smooth as possible, so you can focus on the content. She helps you to finish thesis successfully vour and on time. lf vou want tips. tricks and tools. go www.thedutchphdcoach.com.



Career market booths

Companies



Across the world, consumers want to maintain and

improve their health and well-being, and that of their families. Philips Consumer Lifestyle is on a journey to become a leading player in health and well-being, delivering a stream of locally relevant, meaningful innovations.

For us, technology is not produced for technology's sake. Philips delivers deeper experiences, in touch with the social and emotional needs of our customers in their homes, tailoring solutions to variable local needs around the world: From a cup of coffee in the morning, to a healthy meal in the evening. And whether it's using the best sonic technology to care for your teeth or an innovative laser guided beard trimmer; Philips innovation matters to our users and improves their lives – every day.



Just as quick and flexible as a copier but the top quality equal to offset printing. That is the

benchmark. Add supplements as service, professionalism and speed. See and find out the power of NetzoDruk.

With an enthusiastic and hardworking team we distinguish ourselves, making true our promises to our customers. Made possible by the flexible production process we implemented to help your printing wishes come true. Books, magazines, flyers, posters, folders, yearbooks. Personalize your printing with text or images? No problem for NetzoDruk in offset quality.

Digital offset printing: Are you as ready as we are?



Gildeprint means quality printing. Our company has printed

theses and other publications since 1986. We carry out nearly all parts of the production process ourselves. In this way we can keep our costs low and our delivery times short. As our operating procedures are efficient and flexible we necessary, print a book within two To guarantee these high standards our prepress department is equipped with state-of- the-art machinery. We will give you both service and support. We can also take care of the full design of the interior and cover of your thesis as well. It is our pleasure to help you as much as possible. Finally, since 2009, we are fully FSC-certified. This means that we use FSC certified paper only which is good for the environment. We look forward to welcoming you as our customer!



The reason that we dissertations for the last 15 years is that

we understand your situation as a PhD student. Graduating is a busy period in which, amongst many other things, you have to take care of printing your dissertation.

We do the work for you. With our experience we recognize challenges and see where extra service is needed. We know a dissertation takes a lot of time and effort.

Either you choose to provide us with files that are completely ready-to-go or we provide full service including lay-out or design. There is something for everyone.

Ask for an offer now and experience that we have good service and quality together with low prices!



For me, design starts with thorough investigation of the person behind the organization, his or her

area of expertise, passion and background. Why are you doing what you are doing? I want to summarize this information to get to the core, to what really matters. A "shape" without a soul is empty a picture can be beautiful but is nothing without a story. I would like to get to know you and see what sparks your interest. Coffee?



Sanofi is a global healthcare leader focused on patients' needs, engaged in the research, development, manufacturing and marketing of innovative therapeutic solutions. Sanofi has core strengths in healthcare, with 7 growth platforms: diabetes solutions,

human vaccines, innovative drugs, consumer healthcare, emerging markets, animal health and the new Genzyme



The Healthy Ageing Campus is located on and around the

University Medical Center Groningen, on the east side of the city center in Groningen. It covers an area of around 30 hectares that is the beating heart of the theme Healthy Ageing. The Campus is an inspiring ecosystem with excellent researchers and entrepreneurs that work together with governments on innovative Medical Technology & Devices, special Molecules & Materials, and Developing, Testing and (Bio)Analyzing new Pharmaceuticals.



BaseClear is a contract research company offering a complete package of tailored

services for metagenomics, genome analysis, microbial identifications and typing, protein engineering and synthetic biology.

BaseClear has extensive experience with metagenomics and genome analyses projects using next generation sequencing technologies such as Illumina HiSEQ, MiSEQ and PacBio RS II platforms. In addition BaseClear has a team of scientific specialists and bioinformatics who can assist you to help answer your research questions.



&Talent offers advice and support in talent development and management within organizations. This includes talent oriented tests and assessment centers focusing

on selection and personal development. We publish inspiring talent tools, attractive and methodologically innovative publications that connect to the world of the working individual.



International Kanker en Yoga science (iKeys) is a foundation that provides funds to conduct Yoga therapy and research activity to improve the quality of life for all cancer survivors and patients. We will support the

world's brightest and best researchers who relentlessly pursue the solutions that help us understand how to prevent the occurrence of cancers. We will conduct and promote various activities to promote the awareness of Yoga.



BEREN OP DE WEG

Society is continuously changing and therefore organizations, schools, students and professionals need to keep on moving. In order to stimulate this

movement, a better connection between education and practice is needed. Therefore Beren op de Weg supports educational institutions in providing a good guidance of their students in their career, and it helps companies in organizing student-projects. Beren op de Weg is also helping organizations and educational institutions in stimulating entrepreneurial behavior of students and employees. For students and young professionals Beren op de Weg provides workshops and coaching about themes such as: job-interviews, networking, decision making in your career, entrepreneurship, presentation skills and teamwork.



inVentiv Health clinical is a leading provider of global

drug development services to pharmaceutical, biotechnology, generic drug, and medical device companies. With 7,000 passionate employees supporting clients in more than 70 countries, inVentiv Health clinical works to accelerate high quality drug development programs of all sizes around the world. Like you, we are committed to enriching the lives of patients, families, and communities by helping to expedite the quality delivery of our clients' therapies to market.

You can meet our staff at the booth during the career market. If you are interested to explore your (future) possibilities you can submit your CV directly to our Benelux recruiter, Irene Houtsma, on irene.houtsma@inventivhealth.com

Informative stands:



The Promovendi Netwerk Nederland (PNN) is the

national interest organization for and by PhD students that are connected to one of the fourteen Dutch universities, eight university medical centers or five research institutes.



GOPHER is the Groningen Organization for PhD Education and

Recreation. Or in short THE PhD student society of Groningen. We aim to connect all PhD students of the Rijksuniversiteit of Groningen, through social and educational events. We promote networking between different faculties, to meet fellow PhDs. We organize events to be able to see more of the Netherlands and Groningen.

We also try to add to the education program of the graduate school by offering special educational activities. These are skills or workshops that help you during or after your PhD. For example, we host printing your thesis workshops, debate training, entrepreneurship workshops, how to finance your career in science workshops and project management training.



YoungLink is a network for ambitious Young Professionals under the age of 35 working or graduating at one of the Noorderlink organizations, of

which one is the UMCG. Every month, YoungLink organizes various activities to show you as Young Professional the opportunities at the Northern labor market, contribute to your personal development, and offer you a change to increase your

network in the Northern Netherlands. YoungLink is broadly oriented, and focuses on topics that are potentially interesting for her target group. For example, we visit different Noorderlink organizations, work with managers and board members to think about actual cases, and there are lots of networking events with interesting lectures, workshops, and presentations.



Vaardigheden voor het samenwerken in teams.

Steeds meer werk is interdisciplinair van aard en wordt dan ook uitgevoerd in heterogeen samengestelde teams. Dit boek besteedt veel aandacht aan de voorbereiding en de uitvoering van de sociale vaardigheden die nodig zijn om medewerkers goed en professioneel te laten samenwerken. Uitgangspunt hierbij steeds teamprestaties te

verbeteren zonder individuele doelen uit het oog te verliezen. Vaardigheden voor het samenwerken in teams is toegankelijk geschreven en koppelt de volgende kernvaardigheden aan het werken in teams: samenwerken, besluitvorming, conflicthantering, voorzitten, onderhandelen, presenteren, leidinggeven en omgaan met diversiteit. Ieder hoofdstuk bevat oefeningen en een lijst met aandachtspunten om meer profijt van de oefeningen te hebben.

www.coutinho.nl ISBN 978 90 469 0385 8 € 22,50



training & coaching & advisering

Gerard Vonk is a trainer and consultant in the field of creative / lateral thinking and team effectiveness. Creative thinking is a simple but highly effective tool to find immediately applicable solutions to often enduring problems. He deploys a large number of creative tools to show that our 'normal' logical thinking is incarcerated in patterns that lead to a narrowed field of vision. Thanks to these creative tools he converts problems and bottlenecks into opportunities and possibilities. He works with creative tools for developing new ideas and inspiring environments, thus creating true commitment to projects through a common vision and mission.

Gerard Vonk is owner of VONK&VLAM, Co-creator of Flow&Go, he is lecturer at the Institute of Facility Management (Hanze University of Applied Sciences Groningen) and a senior trainer / advisor at Merlijn.





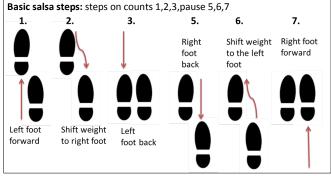
As the world's leading provider of science and health information, Elsevier serves more than 30 million scientists, students and health and information professionals worldwide. We partner with a global community of 7,000 journal editors, 70,000 editorial board members, 300,000 reviewers and 600,000 authors to help customers advance science and health by providing world-class information and innovative tools that help them make critical decisions, enhance productivity and improve outcomes.

Headquartered in Amsterdam, we are a global company employing more than 7,000 people in 24 countries. We are a founding publisher of global programs that provide free or low-cost access to science and health information in the developing world. Elsevier's roots are in journal and book publishing, where we have fostered the peerreview process for more than 130 years. Today we are driving innovation by delivering authoritative content with cutting-edge technology, allowing our customers to find the answers they need auickly.

How to..... dance salsa and merengue

Merengue basic steps: shifting weight from one foot to another on 8 counts.

1. 3. 4. 5. 6. 7. 8.



Jance with us! Janca With us! Janca

How to.... make a fortune teller

The logo of our conference is a fortune teller. We believe that we all have fortune tellers in our hands and we are responsible for creating our own future. During the discussion panel you will learn how to make fortune tellers that you will use for voting. Here are the instructions:







Step 3:







Step 1: Fold up all four corners

Does it look like this? If not go back to step 1.

Step 2:

Flip the paper over and fold up all the corners again.

Step 4: Does it look like this? If not go back to step 3. Step 5: Fold in half as shown Step 6: Place your fingers under the four paper flaps.

Organizing committee 2015



1: Charlotte Willems

2: Ena Sokol

3: Heleen Hoogeveen

4: Tushar Tomar 5: Dario Cecilio Fernandes

6: Stefan Wessel

7: Nicole Dijk

8: Mirjan van Dijk

Communications/PR director

Program director

Chair

Treasurer

Logistics officer

Media director

Speaker coordinator

Volunteer coordinator

Photography by Sander Martens (www.sandermartens.com)

