

TwentyOne Skills



The **Transferable Skills Specialist** for Researchers

Course Overview

A Letter from the Founders

Empowering the Next Generation of Researchers

The professional landscape for PhD candidates and postdocs has never been more complex. A successful research career today is no longer defined solely by lab results or publications. It requires a broader skill set. From resilient leadership and agile project management to high-impact communication.

For institutions, providing “just workshops” is no longer enough. Researcher development must be structured, scalable, and strategically embedded.

TwentyOne Skills helps institutions meet this challenge. We bridge the gap between academic excellence and professional readiness, empowering researchers with the skills they need to thrive in academia or beyond.

Robert Kötter
Marius Kursawe



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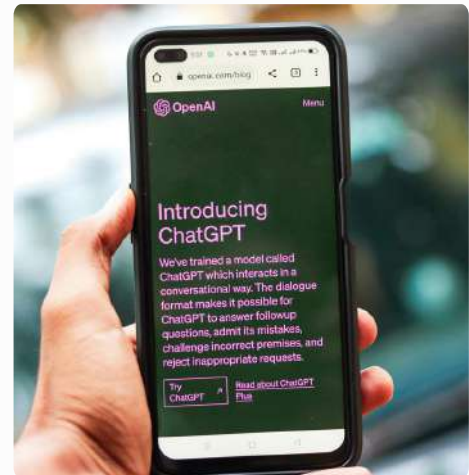
AI and Academia: Exploring the Opportunities and Obstacles of ChatGPT

Learn to use AI with confidence and responsibility.
Apply AI effectively in research, teaching, and grant writing.

Course details

- Understanding the benefits and limitations of using AI in science.
- Learning how to use AI for teaching, academic writing, and grant proposals.
- Exploring best practices for using AI in a university or research setting.
- Developing strategies for overcoming challenges when using AI.

Lessons: 14 | Length: 1.30h | Cours type: Deep Dive



AI and Visuals in Science

Use AI tools to create scientific visuals and presentations efficiently. Apply them confidently in academic communication.

Course details:

- Principles and Overview of AI-tools
- Common pitfalls, problems and solutions
- Best-in-class AI tools for topics like scientific presentations, grant writing, scientific figures, infographics, etc.
- Strengths, weaknesses and potential concerns
- Video assisted learning
- Specific examples and exercises

Lessons: 13 | Length: 1h 10min | Course type: Deep Dive

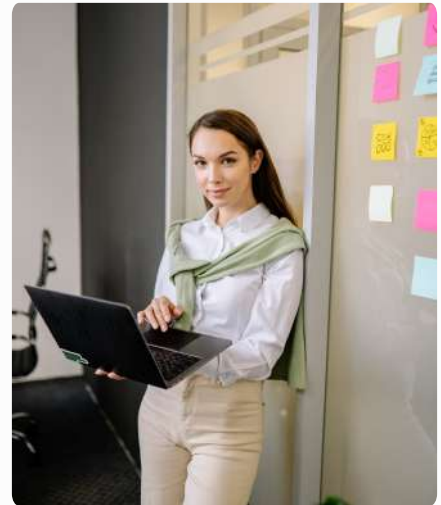


AI in the Literature Review Process

Discover how AI can streamline literature searches, enhance review quality, and support data integration.

Course details

- Recognize the benefits and limitations of AI in the literature review process.
- Learn how to leverage different AI tools for discovering, screening, and summarizing academic literature.
- Build awareness of ethical considerations, including bias in AI outputs, data privacy, and academic integrity.
- Discuss the future role of AI in enhancing literature reviews and its implications for research quality.



Lessons: 7 | Length: 1 h | Cours type: Deep Dive



Leveraging ChatGPT to Refine Your CV and Cover Letter

Discover how ChatGPT can improve CVs and cover letters and support targeted applications across academia and industry.

Course details:

- Understanding the role of ChatGPT in the application process
- Refining your academic CV for clarity and impact
- Highlighting transferable skills for industry roles
- Crafting tailored and persuasive cover letters
- Aligning your documents with specific job descriptions
- Avoiding common mistakes when using AI writing tools
- Using feedback from ChatGPT to iteratively improve your drafts



Lessons: 7 | Length: 20min | Course type: Nugget

Good Scientific Practice 2.1

Good Scientific Practice: Introduction and General Principles

Strengthens understanding of good scientific practice and supports institutions in embedding integrity and legal certainty.

Course details

- Core principles of good scientific practice within the German research system
- Ethical standards in research, including data management, documentation, and accessibility
- Authorship, citation practices, and usage rights in institutional and collaborative settings
- Awareness and protection of intellectual property for researchers and organisations
- Case-based examples and practical exercises to support implementation in everyday research environments

Lessons: 16 | Length: 1:30 h | Cours type: Deep Dive



Good Scientific Practice 2.2

Forms of Plagiarism and How to Avoid Them

Builds awareness of plagiarism risks and supports institutions in promoting responsible academic conduct.

Course focus

- Introduction to plagiarism in academic and research contexts
- Common forms of plagiarism and how they occur in practice
- Copyright, fair use, and public domain in scholarly work
- Legal, academic, and professional consequences of plagiarism



Lessons: 22 | Length: 1:45 min | Course type: Deep Dive

Good Scientific Practice 2.3

Hypotheses and How to Formulate Them – Good Scientific Practice

Provides a solid foundation in research practice and supports institutions in embedding integrity and legal certainty.

Course focus

- Definition and role of hypotheses in academic research
- Criteria of a well-formulated scientific hypothesis
- Deductive and inductive research designs
- Practical examples and exercises to support application in research projects



Lessons: 10 | Length: 0:50 h | Cours type: Deep Dive



Good Scientific Practice 2.4

Research Project Management 101

Builds essential project management skills to plan, coordinate, and track research projects effectively.

Course focus

- Fundamentals of professional project management in academic research contexts
- Core project management frameworks, requirements, and structured project planning
- Scheduling project activities, managing deadlines, and ensuring timely delivery
- Effective project communication, including planning, methods, and efficient meetings
- Reporting, monitoring, and tracking project progress across research projects



Lessons: 18 | Length: 1:30 min | Course type: Deep Dive

Good Scientific Practice 2.5

A Guide to Starting Your PhD

Supports researchers in navigating the PhD process with structure, clarity, and sustainable working habits.

Course focus

- Information on maintaining a good relationship with your supervisor
- On finding a good mentor and the importance of a good thesis committee
- How to write a good thesis proposal
- Tips on staying organized right from the start
- Tips on writing your thesis proposal, and skills you need to develop during the process
- How to keep a good work-life balance during your PhD



Lessons: 12 | Length: 1:30 min | Course type: Deep Dive



Good Scientific Practice 2.6

Scientific Writing

Develops academic writing skills to communicate research clearly and contribute effectively to scientific discourse.

Course focus

- Role of academic writing in communicating ideas and research within the scientific community
- Strategies to improve clarity, structure, and effectiveness in scientific writing
- Understanding the different phases of the academic writing process
- Practical guidance on proofreading and revising scientific texts
- Correct citing and referencing practices in academic writing



Lessons: 14 | Length: 1:15 h | Course type: Deep Dive

Beyond the Manuscript: Publishing, Peer Review, and Visibility

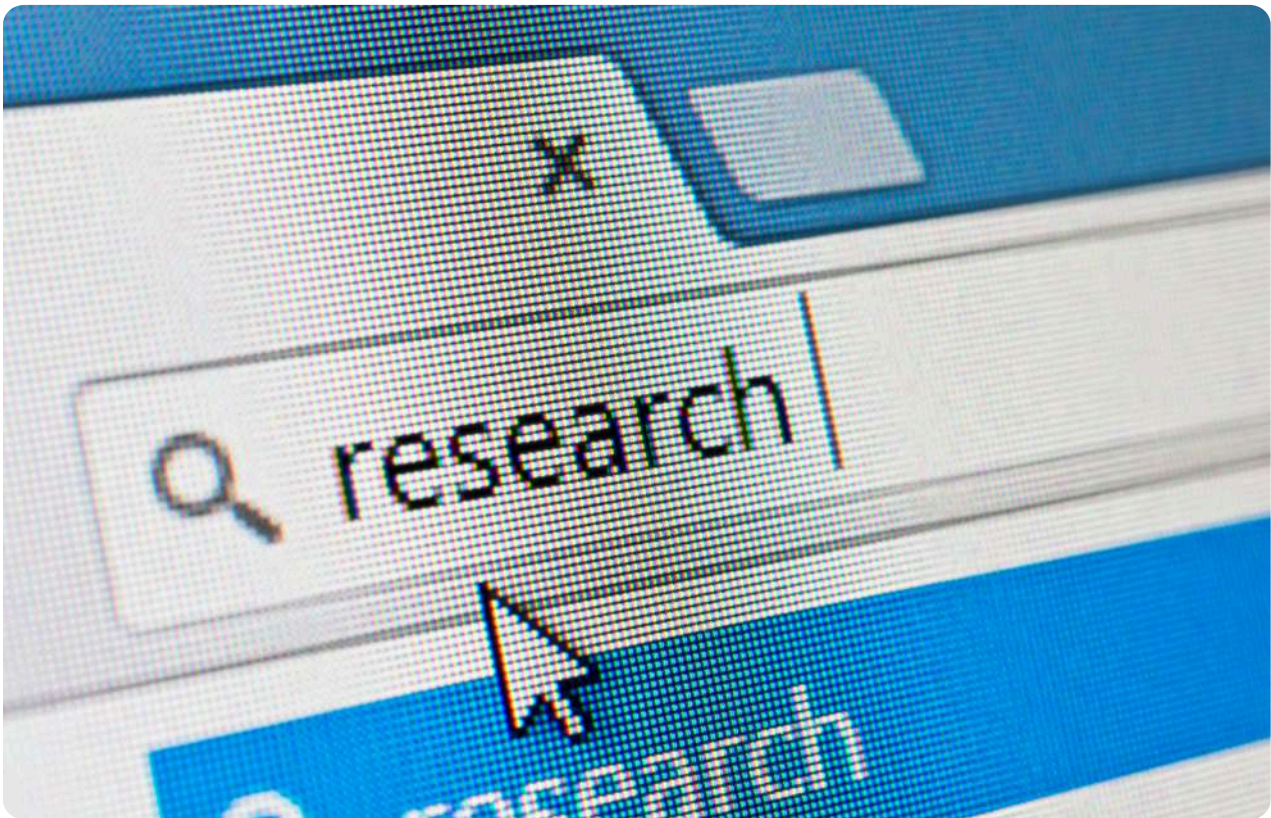
Helps researchers successfully navigate the publication process and maximise the visibility and impact of their research.

Course focus

- Understanding common problems when first looking to get published
- Selecting the right journal and writing for publication
- Revising and preparing for submission
- Learning how to deal with rejection and harsh feedback
- Explaining the importance of ethics for excellent work
- Providing ideas to increase reach after publishing
- Literature and Resources



Lessons: 10 | Length: 60 min | Course type: Deep Dive



Science Communication 3.1

Communicating my Research: Basics of Science Communica

Enhances science communication skills to engage with media confidently and convey research clearly to broader audiences.

Course focus:

- Core principles and fundamentals of science communication
- Overview of different media channels and communication formats
- Preparing for media contacts, interviews, and public statements
- Identifying risks and challenges in public communication and handling them confidently
- Legal aspects, including authorisation, image rights, quotations, and usage rights
- Formulating clear, understandable, and memorable messages for non-academic audiences

Lessons: 13 | Length: 1:10 h | Cours type: Deep Dive



Science Communication 3.2

Science Communication: Social Media for Scientists

Supports researchers in navigating the PhD process with structure, clarity, and sustainable working habits.

Course focus:

- Core principles of social media for science communication
- Overview of key platforms and their strengths and limitations for researchers
- Building visibility, networks, and engagement from passive to active use
- Practical strategies for effective scientific communication on social media
- Managing risks, including copyright issues and negative online interactions

Lessons: 12 | Length: 1:00 min | Course type: Deep Dive



Science Communication 3.3

Creating a Social Media Presence: Strategies for Digital Science Communication

Enables researchers to plan and manage a focused social media strategy aligned with their goals and audiences.

Course focus:

- Core principles and fundamentals of science communication
- Overview of different media channels and communication formats
- Preparing for media contacts, interviews, and public statements
- Identifying risks and challenges in public communication and handling them confidently
- Legal aspects, including authorisation, image rights, quotations, and usage rights
- Formulating clear, understandable, and memorable messages for non-academic audiences

Lessons: 14 | Length: 1:00 h | Cours type: Deep Dive



Science Communication 3.4

Start your Social Media Presence Today

Helps researchers take the first steps into active social media use with clarity and confidence.

Course focus:

- Moving from passive to active social media use in clear, manageable steps
- Building and growing a relevant professional network
- Using likes, comments, shares, and follows strategically
- Starting to post with confidence and without unnecessary pressure



Lessons: 8 | Length: 0:15 min | Course type: Nugget

Presentation Skills: How to Give Great Scientific Presentations

Develops presentation and public speaking skills to communicate scientific work clearly and confidently.

Course focus

- Preparing effectively for scientific presentations in different formats and settings
- Understanding and improving key elements of successful science presentations through targeted exercises
- Addressing expert audiences clearly, convincingly, and with lasting impact
- Using clear language, appropriate body language, and a confident presence
- Handling questions professionally and managing stage fright and presentation-related stress

Lessons: 7 | Length: 0:15 h | Cours type: Nugget



Career Design 4.1

My Academic Journey: Tools for Career Planning

Supports researchers in exploring career options and developing a structured approach to career planning.

Course focus:

- Overview of career paths for academics within and beyond science
- Understanding chances and challenges of an academic career
- Exploring the academic job market and its requirements
- Identifying career options for graduates inside and outside research
- Applying self-assessment tools for career planning (e.g. Odyssey Plan, Ikigai)
- Learning the basic elements of structured career planning, including CV templates

Lessons: 9 | Length: 1:20 h | Cours type: Deep Dive



Career Design 4.2

All About a Career in Science: Paths, Requirements, and Application Processes

Provides clarity on paths to professorship and prepares researchers for academic application procedures.

Course focus:

- Overview of academic career paths leading to professorship
- Understanding the application and hiring process for professorial positions
- Formal and content-related standards for academic application documents
- Structure and stages of the appointment procedure
- Preparing for and delivering the appointment lecture
- Exploring academic career options beyond professorship

Lessons: 8 | Length: 0:15 min | Course type: Nugget



Career Design 4.3

Career Options in Research Management

Introduces career options in research management and prepares researchers for related applications.

Course focus:

- Overview of career paths into research management and administration
- Typical qualifications and positions in research management roles
- Formal and content-related standards for application documents
- Application processes and specific requirements for research management positions



Lessons: 7 | Length: 1:20 h | Cours type: Deep Dive

Career Design 4.4

All About a Career Outside Science: Pathways into Non-Scientific Work

Expands awareness of non-academic career paths and prepares researchers for applications and interviews in industry.

Course focus:

- Overview of career options outside academia
- Pathways into commerce, industry, and industrial research
- Typical qualifications and roles beyond universities
- Application documents and application processes for non-academic positions
- Preparing for job interviews and assessment centres, including common exercises



Lessons: 9 | Length: 1:20 min | Course type: Deep Dive

Career Design 4.5

Achieve Your Goals with Vision Boards

Explains the concept and practical use of vision boards to support reflective and goal-oriented career planning.

Course focus:

- Concept and purpose of vision boards as a goal-setting tool
- Understanding the intended goals and use cases of vision boarding
- Creating and applying a personal vision board step by step
- Scientific background, evidence, and controversies around vision boards

Lessons: 7 | Length: 0:20 h | Cours type: Nugget



Career Design 4.6

Leaving Academia? How to Create a Resume That Works "Outside"

Shows how to turn an academic CV into a clear, industry-ready resume that highlights relevant skills and experience.

Course focus:

- Purpose and role of a resume in non-academic job applications
- Key differences between academic CVs and industry resumes
- Translating academic achievements and skills into industry-relevant language
- Structuring, formatting, and styling an effective resume for non-academic roles

Lessons: 7 | Length: 0:15 min | Course type: Nugget



Creating a LinkedIn Profile

Shows how to create a compelling LinkedIn profile that boosts visibility and supports career opportunities.

Course focus:

- Using LinkedIn as a strategic tool beyond an online CV
- Shaping a professional profile to highlight skills and experience
- Optimising profiles to improve visibility for recruiters and collaborators
- Networking effectively and building a relevant professional network



Lessons: 7 | Length: 0:30 h | Cours type: Nugget

Expanding your LinkedIn Network

Demonstrates how to expand your LinkedIn network strategically and build meaningful professional connections.

Course focus:

- Using LinkedIn strategically to grow a professional network
- Leveraging LinkedIn features to expand connections organically
- Engaging with peers, experts, and potential collaborators
- Building meaningful relationships and positioning yourself as a valuable contributor



Lessons: 7 | Length: 0:25 min | Course type: Nugget

Take Charge of Your Career—Inside or Outside Academia (with GSO)

Empowers researchers to define their positioning, clarify career options, and take control of their next career step.

Course focus

- Core elements of career strategy, including positioning, visibility, and application
- Identifying potential job fields for researchers and pathways to access them
- Reflecting on personal values, strengths, and skills
- Applying self-knowledge strategically to shape career decisions inside and outside academia

In Cooperation with:

GSO* Guidance, Skills & Opportunities
for Researchers



Lessons: 9 | Length: 1:00 h | Cours type: Deep Dive

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Decode Hidden Messages in Communication with the Iceberg Model

Explains how the Iceberg Model helps decode hidden messages and improve communication in conflict situations.

Course focus:

- Understanding the Iceberg Model of Communication and its core concept
- Exploring how visible and hidden levels of communication influence interactions
- Clarifying the goal and intended use of the Iceberg Model
- Recognising discrepancies between what is said and what is thought or felt
- Applying the Iceberg Model to interpret messages and address communication-related conflicts

Lessons: 7 | Length: 0:20 h | Cours type: Nugget



Active Listening in Interpersonal Communication

Shows how active listening improves understanding, empathy, and the quality of professional conversations.

Course focus:

- Understanding the concept and purpose of active listening
- Exploring non-directive conversation techniques and the role of empathy
- Learning how focused attention improves communication and understanding
- Applying active listening step by step in everyday conversations
- Understanding the scientific background behind active listening

Lessons: 7 | Length: 0:30 min | Course type: Nugget



How to Communicate Successfully with the Four Ears Model

Explains how the Four Ears Model helps reduce misunderstandings and improve communication clarity.

Course focus:

- Understanding the Four Ears Model (Communication Square) by Friedemann Schulz von Thun
- Exploring the four levels on which messages are sent and received
- Clarifying the goal and purpose of the Four Ears Model
- Recognising typical sources of misunderstandings in communication
- Applying the Four Ears Model using practical examples to improve everyday communication

Lessons: 7 | Length: 0:15 h | Course type: Nugget



Teampower: Support Each Other with Peer Counselling



Introduces peer counselling as a method to strengthen collaboration, reflection, and mutual support in teams.

Course focus

- Understanding the concept of peer counselling and intervention
- Exploring the principles of participation and exchange at eye level
- Clarifying the goals and intended outcomes of peer counselling
- Applying peer counselling and intervention methods in everyday work situations

Lessons: 7 | Length: 1:10 min | Course type: Deep Dive



Working in Diverse Teams – Intercultural Competencies



Strengthens intercultural competence to navigate diversity and collaborate effectively in global academic contexts.

Course focus

- Understanding and navigating cultural diversity in global academic environments
- Recognising culture shock and applying effective coping strategies
- Developing cultural intelligence for cross-cultural collaboration
- Promoting diversity and inclusion in academic and research settings



Lessons: 10 | Length: 1:10 h | Cours type: Nugget

How to Have a Difficult Conversation

Provides a practical framework to handle difficult conversations with clarity, confidence, and mutual understanding.

Course focus

- Understanding what makes conversations difficult in academic workplaces
- Learning a structured four-step process to manage difficult conversations
- Preparing for, conducting, and following up on sensitive discussions with confidence
- Working toward mutual understanding to address and resolve workplace issues



Lessons: 10 | Length: 0:40 min | Course type: Deep Dive

Be More Efficient with the Pareto Principle

Demonstrates how the Pareto Principle can improve efficiency and support smarter time use in scientific work.

Course focus

- Understanding the background and core idea of the Pareto Principle
- Exploring the goal of increased efficiency and informed decision-making
- Applying the Pareto Principle to manage time and priorities more effectively
- Using a four-step approach to implement Pareto in scientific reading

Lessons: 7 | Length: 0:15 h | Cours type: Nugget



Quicker Decisions with the Eisenhower Matrix

Shows how the Eisenhower Matrix helps prioritise tasks, reduce overload, and make faster decisions on daily to-dos.

Course focus

- Understanding the Eisenhower Matrix and its core concept
- Using a step-by-step approach to prioritise tasks and decide what to do, schedule, delegate, or drop
- Applying a two-step process with four clear courses of action for incoming to-dos
- Exploring the scientific background behind the method



Lessons: 6 | Length: 0:15 min | Course type: Nugget

More Focus with the Distraction List

Introduces a technique to stay focused, manage intrusive thoughts, and work with fewer interruptions.

Course focus

- Understanding what a Distraction List is and how it supports focused work
- Learning why the method works, based on relevant scientific background
- Applying a simple step-by-step approach to handle distracting thoughts
- Using three low-effort steps that can be implemented in each work phase

Lessons: 6 | Length: 0:15 h | Cours type: Nugget



Achieve More with SMART Goals

Equips researchers with the SMART method to set clear goals and translate priorities into achievable actions.

Course focus:

- Understanding what SMART goals are and when to use them in academic and personal contexts
- Learning the SMART formula and its five components
- Applying the SMART method step by step to set clearer, achievable goals



Lessons: 7 | Length: 0:20 min | Course type: Nugget

Stop Procrastinating with the Eat-the-Frog Tech

This technique helps reduce procrastination by tackling the hardest task first with a clear step-by-step method.

Course focus

- Understanding the Eat-the-Frog technique as a prioritisation metaphor
- Clarifying the goal of tackling the most challenging task first
- Applying a step-by-step approach to reduce procrastination in academic work
- Exploring the scientific background behind the method



Lessons: 7 | Length: 0:20 h | Cours type: Nugget

Build New Habits for More Efficiency

It demonstrates a specific method for building lasting habits to make academic work more consistent and efficient.

Course focus:

- Understanding habits and their role in productive scientific work
- Learning the “Don’t Break the Chain” method for building consistent routines
- Applying a step-by-step approach to establish and maintain new habits
- Dealing with common challenges when building habits
- Exploring the scientific background behind habit formation



Lessons: 6 | Length: 0:15 min | Course type: Nugget

Use Your Time Right with the Pomodoro Method

Explains how this method supports focused work, sustained concentration, and progress on demanding academic tasks.

Course focus

- Understanding the Pomodoro Technique and its core principles
- Clarifying the goal of focused work intervals combined with regular breaks
- Applying Pomodoros to longer scientific tasks, such as writing papers
- Exploring additional academic use cases of the method
- Learning about the scientific background behind interval-based work

Lessons: 7 | Length: 0:20 h | Cours type: Nugget



Time Management: Seven Techniques for More Efficiency

Seven proven time management techniques to improve efficiency, focus, and self-organisation in academic work.

Course focus:

- Foundations of effective time management and efficient academic workflows
- Overview of seven evidence-based time management techniques
- Applying methods such as the Pareto Principle, Eisenhower Matrix, Distraction List, SMART goals, Eat-the-Frog, habit building, and the Pomodoro Technique
- Exploring the scientific background, mindset, and self-care aspects of time management



Lessons: 36 | Length: 2:10 min | Course type: Deep Dive

Leadership & New Work 7.1

Working with People: Leadership in Academia

Introduces core leadership concepts and practical tools to develop an effective leadership style in academic contexts.

Course focus

- Understanding leadership roles and challenges in academic environments
- Exploring different leadership approaches, including lateral leadership
- Reflecting on personal leadership roles through self-assessment
- Learning seven leadership styles and their impact in academic settings
- Applying feedback and feedforward to support development and collaboration
- Understanding principles of persuasion



Lessons: 9 | Length: 1:30 h | Cours type: Deep Dive

Leadership & New Work 7.2

Agile Skills: Agile Work in Scientific Settings

Explains how agile principles and methods can be applied to improve collaboration, learning, and adaptability in academia.

Course focus:

- Scientific background, core principles, and mindset of agile work in academia
- Opportunities and challenges of applying agile approaches in research settings
- Overview of common agile frameworks, including Scrum, eduScrum, Design Thinking, Kanban, OKR, and agile meeting design
- Applying agile principles to leadership, organisation, values, and everyday academic work
- Supporting implementation through a workbook with practical exercises



Lessons: 20 | Length: 2:10 min | Course type: Deep Dive

Design Thinking Part 1: Principles and Process

Offers a hands-on introduction to Design Thinking by guiding participants through the full process in a focused sprint.

Course focus:

- Introduction to the core concepts and principles of Design Thinking
- Understanding the origins and development of Design Thinking
- Experiencing the full Design Thinking process in a sprint format
- Using a structured workbook and methodology to guide exercises
- Designed for team-based work, with individual participation possible



Lessons: 7 | Length: 0:45 h | Cours type: Deep Dive



Design Thinking Part 2: From User Insights to Better Solutions

Focuses on understanding user needs and applying Human-Centered Design to create solutions that truly fit.

Course focus

- Exploring empathy as a core foundation of the Design Thinking process
- Understanding users and their needs as a basis for effective solutions
- Applying the Persona Technique to structure insights and perspectives
- Learning how to turn data and user insights into concrete progress
- Using feedback techniques to refine understanding and define next process steps
- Designed for team-based work, individual participation possible



Lessons: 9 | Length: 1:00 h | Course type: Deep Dive

Design Thinking Part 3: Turning Ideas into Prototypes

Enables participants to turn ideas into testable prototypes and learn from user feedback.

Course focus:

- Deepening the Design Thinking phase of prototyping and testing
- Working through a five-day practical project based on a fictitious everyday design challenge
- Developing ideas, selecting promising approaches, and turning them into tangible prototypes
- Testing prototypes with real users and designing effective feedback loops
- Designed for team-based collaboration over one week, with partner-based or individual participation possible

Lessons: 9 | Length: 1:00 h | Cours type: Deep Dive



Achieving your Desired Outcomes with the Harvard Concept of Negotiation

Demonstrates how the Harvard Concept enables fair, goal-oriented negotiations and helps avoid unnecessary conflicts.

Course focus

- Understanding the Harvard Concept of Negotiation and its core principles
- Exploring the goal of fair, interest-based negotiation
- Applying the Harvard Concept step by step in everyday negotiation situations
- Using the model to reduce conflict and reach goal-oriented agreements
- Learning about the scientific background behind the negotiation approach



Lessons: 7 | Length: 0:25 h | Course type: Nugget

Cognitive Bias: How to Make Better Decisions

Raises awareness of cognitive biases and shows how to make balanced, evidence-based decisions in academic contexts.

Course focus:

- Understanding cognitive biases and how they influence judgment and decision-making
- Key bias types such as confirmation, anchoring, affinity, and hindsight bias
- Cognitive biases relevant to scientific work and academic environments
- Biases affecting student evaluation and faculty hiring decisions
- Practical strategies to recognise and reduce bias in evaluations and negotiations



Lessons: 21 | Length: 1:20 h | Course type: Deep Dive

A Short Stress Intervention for your Mental Health

Supports researchers in recognising stress triggers and applying strategies to improve well-being and performance.

Course focus:

- Identifying personal stressors and stressful situations
- Understanding the psychological and physiological background of stress
- Reflecting on individual stress responses and coping patterns
- Applying a three-step approach to reduce stress effectively
- Using step-by-step strategies to handle stressful situations more mindfully



Lessons: 4 | Length: 0:15 h | Course type: Nugget

Mental Health in Academia – Strengthen your Mental Health

Builds awareness of mental health challenges in academia and supports researchers in strengthening their well-being.

Course focus:

- Understanding mental health challenges in academic work environments
- Identifying factors that can harm personal mental health in academia
- Exploring consequences of impaired mental health for individuals and work performance
- Reflecting on mental health topics specific to academic contexts
- Learning strategies to strengthen and protect personal mental health



Lessons: 9 | Length: 1:00 h | Course type: Deep Dive

Eight Ways to be More Resilient in Academia

Introduces practical resilience strategies and a guided exercise to cope better with setbacks and pressure.

Course focus:

- Understanding what resilience is and why it matters in academic and everyday life
- Exploring seven practical ways to strengthen resilience
- Learning how attitudes and behaviours contribute to resilience
- Applying resilience-building through a guided step-by-step exercise
- Discovering an additional eighth approach to resilience at the end of the course

Lessons: 8 | Length: 1:00 h | Course type: Deep Dive



Six Tools to Support Your Personal Mental Health

Introduces six simple, practical tools to support mental well-being and strengthen personal resilience in academic life.

Course focus:

- Understanding common mental health challenges in academic work environments
- Reflecting on everyday situations that can affect psychological well-being
- Learning when and how to seek support in stressful situations
- Getting to know practical tools such as journaling, self-care bingo, “download your brain”, relaxation techniques, and saying no
- Strengthening inner resources to better cope with pressure and expectations

Lessons: 13 | Length: 1:00 h | Cours type: Deep Dive



A Guide to Empathy at Work

Developing the skills to communicate with empathy and build stronger professional relationships in academic workplaces.

Course focus:

- Understanding empathy and its role in the workplace
- Exploring the importance of empathy in academic environments
- Learning how to communicate with empathy
- Recognising and overcoming empathy roadblocks
- Developing practical strategies to build empathy
- Building stronger and more productive professional relationships

Lessons: 10 | Length: 1:20 h | Cours type: Deep Dive



How to Overcome Your Fear of Failure

Helps researchers overcome fear of failure and approach challenges with greater confidence.

Course focus:

- Understanding the underlying factors that contribute to fear of failure
- Reflecting on how fear of failure affects behaviour and decision-making in academia
- Learning how to change your relationship with failure
- Applying five practical tips to overcome fear of failure and take positive risks

Lessons: 9 | Length: 0:20 h | Cours type: Nugget



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