

The Culture and Equality unit invites female postdocs of the University of Vienna to apply for the mentoring program **postdoc:muv**.

**Application window:**

September 11 to October 9, 2023

**Duration of program:**

March 2024 to June 2025

**Max. number of participants:**

24 mentees

**Application documents and more information:**

<https://personalwesen.univie.ac.at/en/culture-equality/career-advancement/#c173546>



**Culture and Equality**

University of Vienna  
Universitätsring 1, 1010 Vienna  
T: +43 1 4277 Ext. 18433 / Ext. 18465  
E-Mail: [mentoring.frauenfoerderung@univie.ac.at](mailto:mentoring.frauenfoerderung@univie.ac.at)  
<https://personalwesen.univie.ac.at/en/culture-equality/career-advancement/#c173546>

**Imprint:**

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# postdoc:muv

## Mentoring Program for Female Postdocs at the University of Vienna



Berta Karlik (1904–1990) was an Austrian physicist, known for her work on scintillation counters in the 1930s and the discovery of the element 85 (Astatine) in nature in the early 1940s. She was director of the Vienna Institute for Radium Research and in 1956 nominated as the first female full University Professor in Austria.

## postdoc:muv is ...

a 3 semester long career development program for female postdocs of the University of Vienna. It combines the three formats mentoring, group coaching and training.

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## postdoc:muv builds on ...

**Mentoring:** Professors of the University of Vienna serve as mentors regarding scientific careers for small groups of mentees across disciplines.

**Coaching:** Regular coaching meetings with experienced coaches specialized in the field of academia.

**Training:** Soft skill trainings with international trainers on presentation, leadership and negotiation tools.

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## postdoc:muv is no ...

- vocational counselling
  - expert supervision of scientific content
  - job agency
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## postdoc:muv offers ...

- orientation in academia
- formal and informal scientific (peer) networking opportunities
- development of practical career strategies
- support for individual professional goals
- exchanges of informal know-how about specific discipline cultures
- empowerment coaching for BIPoC mentees
- reflection and de-individualisation of experiences with gender-based discrimination of female scientists

## KICK-OFF

November 30, 2023

After the kick-off in November 2023, the program will start in March 2024.

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## MENTORING

The mentoring groups (mentees and mentor) arrange two half-day meetings per semester on dates they set themselves.

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## COACHING

There are four coaching meetings per semester.

### Group Natural & Life Sciences

Coach: Ute Riedler

Summer semester 2024:  
Mar 5, Apr 4, May 15, Jun 25, 2024

Winter semester 2024/25:  
Oct 18, Nov 20, Dec 10, 2024, Jan 23, 2025

Summer semester 2025:  
Mar 4, Apr 8, May 13, Jun 11, 2025

Time: 9.00–12.30

### Group Social Sciences & Humanities

Coach: Meike Lauggas

Summer semester 2024:  
Mar 20, Apr 17, May 15, Jun 12, 2024

Winter semester 2024/25:  
Oct 16, Nov 13, Dec 11, 2024, Jan 15, 2025

Summer semester 2025:  
Mar 19, Apr 23, May 21, Jun 25, 2025

Time: 9.00–12.30

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## EMPOWERMENT SPACE

The program offers the possibility for an empowerment space that acknowledges the challenges BIPoC scientists experience with topics such as power, privilege and the various forms of oppression.

## TRAINING

Trainings take place from 9.00–17.00.

## Summer semester 2024

### Voice and Body Training

Trainer: Julie Stearns

Group Natural & Life Sciences  
March 7–8, 2024

Group Social Sciences & Humanities  
May 28–29, 2024

## Winter semester 2024/25

### Effective Guidance and Leadership in Science

Trainer: Neela Enke

Group Natural & Life Sciences  
November 25–26, 2024

Group Social Sciences & Humanities  
November 27–28, 2024

## Summer semester 2025

### Negotiate with success.

### Tools and mindset for lasting collaborations

Trainer: Forrest van Uchelen

Group Natural & Life Sciences  
March 31–April 1, 2025

Group Social Sciences & Humanities  
April 3–4, 2025

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## CLOSING EVENT

June 17, 2025, 11.00–14.00