

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

*Female\* postdocs addresses all postdocs that identify as female. We particularly invite and encourage people who have experienced discrimination to apply.*

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**Application window:**

June 2 to July 2, 2025

**Duration of program:**

March 2026 to June 2027

**Max. number of participants:**

24 mentees

**Application documents  
and more information:**

[https://personalwesen.univie.ac.at/  
en/culture-equality/career-advancement/  
#c173546](https://personalwesen.univie.ac.at/en/culture-equality/career-advancement/#c173546)



**Culture and Equality**

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Culture and Equality

**postdoc:muv**

**Mentoring Program for Female\*  
Postdocs at the University of Vienna**



## 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.

## 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.

## postdoc:muv is no ...

- vocational counselling
- expert supervision of scientific content
- job agency

## 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 20, 2025, 9.00–15.00

After the kick-off in November 2025, the program will start in March 2026.

## MENTORING

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

## COACHING

There are four coaching meetings per semester.

### Group A

Coach: Ute Riedler

Summer semester 2026:  
Mar 20, Apr 17, May 27, Jun 30, 2026

Winter semester 2026/27:  
Oct 8, Nov 12, Dec 14, 2026, Jan 14, 2027

Summer semester 2027:  
Mar 9, Apr 6, May 11, Jun 8, 2027

Time: 9.00-12.30

### Group B

Coach: Meike Lauggas

Summer semester 2026:  
Mar 18, Apr 15, May 20, Jun 17, 2026

Winter semester 2026/27:  
Oct 21, Nov 18, Dec 16, 2026, Jan 13, 2027

Summer semester 2027:  
Mar 17, Apr 14, May 19, Jun 9, 2027

Time: 9.00-12.30

## 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

### Summer semester 2026

#### Voice and Body Training

Trainer: Julie Stearns

Trainings take place from 9.00–17.00.

**Group A:** April 14–15, 2026

**Group B:** May 28–29, 2026

### Winter semester 2026/27

#### Ahoy, Captain - Impulses for Leadership in Academia

Trainer: Cécile Schain

Four half-day modules, 9.00–12.30.

Choose your preferred date:

#### Module 1

Taking Stock: My Individual Understanding of Leadership  
Oct 14 or Oct 20, 2026

#### Module 2

Growth: Expanding Leadership Skills, Part A  
Nov 5 or Nov 20, 2026

#### Module 3

Growth: Expanding Leadership Skills, Part B  
Dec 4 or Dec 9, 2026

#### Module 4

Boundaries: Power & Self  
Jan 19 or Jan 22, 2027

### Summer semester 2027

#### Navigating difficult seas:

#### Professional Communication and Negotiations

Trainer: Neela Enke

Trainings take place from 9.00–17.00.

**Group A:** April 13–14, 2027

**Group B:** April 15–16, 2027