

Career & Counselling Services

TU Delft / Jaffalaan 9a (Building 30A) 2628BX Delft Tel: 015 27 88004 careerandcounsellingservices.tudelft.nl

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Photo Credit : *Aneta Ivanova - Unsplash*

“You can't put a limit on anything.
The more you dream, the further you get.”

- *Michael Phelps*

TRAINING & WORKSHOPS

We offer activities to Dutch and International students, BSc, MSc, PdEng, PhDs and recent alumni. Please check the descriptions in our organisation 'Career & Counselling Services' on Blackboard for more detailed information.

1



Sociale vaardigheden

De cursus Sociale vaardigheden is bedoeld voor studenten die niet tevreden zijn over hoe ze contact maken in sociale situaties en willen leren hoe ze hun eigen gedrag kunnen veranderen.

2+16



Workshop studie(her)keuze

Voor (BSc) studenten die willen nadenken over hun studiekeuze. Hoe kies je een goed alternatief?

2



Workshop: Mindful stress relief

Learn about stress theory, fill in a questionnaire and practise with mindful meditation techniques.

3



Mourning - Dealing with a loss

Better understand your grieving process and learning to heal.

3



Prepare for networking & practise your pitch

Get confident in presenting yourself by building your pitch and dare to network.

10



Workshop: Self management

How to manage your study/work life? Enhance your responsiveness to changes, new circumstances, inevitable delays, challenges, and pressure!

11 

Kiezen tijdens je studie
Kiezen voor een minor of master? Hoe doe je dat?

11 

Motivatie
Deze cursus is bedoeld voor studenten die inzicht willen krijgen in de werking van motivatie in het algemeen en hun eigen motivatie.

11 

Improve your interview skills & prepare by practice
In preparation for a job or internship interview we'll discuss all major questions. You'll notice that small things make a big difference when you'll practise and explore answers.

16 

Hoogsensitief -belemmering of talent?
De cursus 'Hoogsensitief -belemmering of talent?' is voor studenten die snel "overprikkeld" raken door b.v. geluiden en mensen om hen heen en hier inzicht en praktische tools voor willen krijgen.

18 

LinkedIn Workshop
How to create an effective profile and use it to promote your strenghts and give you advantage when planning your next career step.

18 

Workshop: Mindful stress relief
Learn about stress theory, fill in a questionnaire and practise with mindful meditation techniques.

18 

Workshop: Assertion
This training course is meant for students who find it difficult to set boundaries and standing up for themselves.

23 

Workshop: Career Drivers
Understand your areas of competence, motivations and values that could play a significant role in your career choice with the help of Edgar Schein's Self Assessment.

24 

Workshop: Constructive Thinking
Gain insights into the underlying mechanism of fear of failing and perfectionism and learn to think more constructively.

	Walk-in Hours	Mon	Tue	Wed	Thu	Fri
Location Aula (central hall)						
TU Delft Career Centre	12:30 - 13:30	X	✓	✓	✓	✓
TU Delft Psychologists	12:30 - 13:30	✓	✓	✓	✓	✓
TU Delft Student Counsellors	12:30 - 13:30	✓	✓	✓	✓	X



For more information on our workshops and events, check our Blackboard organisation. Search for **Career & Counselling Services**