

“The greatest use of a life is to spend it on something that will outlast it.”

- *William James*

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.

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Self analysis from a career perspective

Do you struggle with recognising your strengths, join our workshop to find your strengths and how they play a role in your next career move.

1



Workshop: Mindful stress relief

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

6



To PhD or not to PhD

Thinking of continuing your Academic career with a PhD? Join our interactive workshop to discuss this choice and be informed about the pro's and con's of pursuing this path.

7+14



Workshop studie(her)keuze

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

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Prepare for networking & practice your pitch
Get confident in presenting yourself by building your pitch and dare to network.
- 14

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Workshop: Mindful stress relief
Learn about stress theory, fill in a questionnaire and practise with mindful meditation techniques.
- 15

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Kiezen tijdens je studie
Kiezen voor een minor of master? Hoe doe je dat?
- 15

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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.
- 21

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Workshop: Autonomy
Gain insights in autonomy, learn to use self-awareness to develop resilience & show your professional skills.
- 22

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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.
- 29

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

| | 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 |