

PhD Hacks, Career & Work Life Balance Symposium

14th of May 2024

PROGRAMME

09:00 – 09:30 **Arrival and Coffee**

Morning Session: THE PHD PATH AND BEYOND
Chairs: Andrietta Grentzmann & Stephanie T.D. Pham

09:30 – 09:45 **Welcome!**

09:45 – 10:30 **Dear PhD-students: What is your biggest challenge? And why is it vanity?**
Anton Pottegård, *Professor, University of Southern Denmark*

10:30 – 11:15 **Working in the Industry**
Michael Nyberg, *Senior Director, Novo Nordisk*

11:15 – 11:30 *Break*

11:30 – 12:30 **Strategic Career Thinking**
Vibeke Broe, *Senior Career Consultant, Aarhus University*

12:30 – 13:15 *Lunch & Networking*

Afternoon session: SELF & PROJECT MANAGEMENT
Chair: Nicolai Palstrøm

13:15 – 14:00 **Managing Stress**
Birgitte Aagaard Zethsen, *Senior Consultant, University of Southern Denmark*

14:00 – 14:45 **Whole Brain Thinking – in Organizations and Individuals**
Benjamin Kelly, *PhD Student, Aarhus University*

14:45 – 15:00 *Coffee Break & Cake*

15:00 – 15:30 **How to Make Your Research Visible...In a Sustainable Way**
Alessio Bricca, *Assistant Professor, University of Southern Denmark*

15:30 – 15:45 **Reflection/Take-home Messages**

Organized by Andrietta Grentzmann, Stephanie T.D. Pham & Nicolai Palstrøm
in collaboration with Danish Cardiovascular Academy
and University of Southern Denmark

