3rd FELS Retreat

When: 19. and 20. September 2024 (with overnight stay)
Place: Hotel Appenberg (https://www.appenberg.ch/)
Participants: max. 20 participants
Costs: Cost for room and full board will be covered by the Innerfakultäre Kommission für Chancengleichheit (IFKC) and the University Hospital for Emergency Medicine
Travel: Travel to and from the venue will be on your own
Registration: https://forms.gle/atC1wUZoHJ1p1tMLA or via QR-code:
Information: fels.meddek@unibe.ch

Target group: FELS Board, FELS members and female scientists and clinicians interested in an academic career and who are working at the University of Bern (Medical Faculty)

Networking – Education – Career planning

What is the FELS-Network?
Female Empowerment in Life Sciences (FELS) is an interdisciplinary network of female scientists with a background in medicine or life sciences. FELS was founded in September 2021 with support of the Innerfakultäre Kommission für Chancengleichheit (IFKC) and the Direktion Lehre & Forschung.

Our goal is to build a network that empowers genderneutral academic career development, gender equality for women, and female leadership.
Program:

First day 19.09.2024

Travel to Appenberg (Suggestion: S-Bahn Bern main station, S2, 9:12, platform 4, direction Langnau i. E., train stop Zäziwil, arrival 9.37)
Please let us know whether you will travel by S-Bahn so that we can arrange pick-up service from the train station to the hotel.

10.00 Welcome & Introduction by Anne Gregor & Aleksandra Tuleja (FELS Co-Chairs)

10:15 Workshop with Sibylle Sommerer/Jeremias Jurt: “The Messenger is the message: appear convincingly – convince effectively” (Full Day)

Content:
- become more confident in public speaking roles
- learn how to present (more) effectively (including body language, voice etc.)
- how to catch the audience with a powerful introduction
- how to handle “killer” questions effectively
- practice in front of the camera with feedback afterwards (at the beginning and the end of the workshop)
- practice rounds in small groups

11:15 Coffee break

11:45 Workshop Sibylle Sommerer - continued

13.00 Lunch

14.00 Workshop Sibylle Sommerer - continued

15.45 Coffee break

16:15 Workshop Sibylle Sommerer - continued

18.00 Check-In

19.00 Dinner and get together

Speaker:  Sibylle Sommerer/Jeremias Jurt – Owner and Coach Speak GmbH / Coach Speak GmbH
Second day: 20.09.2024
Check-out prior to the start of the seminar

From 07.30  Breakfast

08:30  FELS strategic planning
   - small group discussions on specific topics regarding the direction of FELS in the future
   - presentation/discussion of ideas in the plenum

10.00  Coffee break

10.30  Social Media Workshop with Dr. Roger Konrad²
   - Hands-on workshop on how to use different social media platforms for our communication effectively

12.00  Lunch

13.00  Role Models – Britta Engelhardt³ & Eva Segelov⁴
   Discussion round on academic career planning, advancements, hurdles

14.00  Partnership FELS & DCR – how can we benefit even more from each other
   - discussion with Britta Engelhardt and Eva Segelov on the future of FELS
   - with results from our internal strategic discussions in the morning we want to think more about how we can also find synergies with DCR for future events.

15.00  Coffe and closing remarks

15.30  End & individual travel arrangement

Travel suggestion: 16.20  from Zäziwil, S2 Direction Laupen BE, 16.48 Uhr arrival Bern main station
Please let us know whether you need to be taken to the train station

Organization: FELS Board and Innerfakultäre Kommission für Chancengleichheit (IFKC) / Svea Lehmann

Speakers: ²Dr. Roger Konrad – Communications Officer, Dean's Office Faculty of Medicine, University of Bern
³Prof. Britta Engelhardt – Director of the Theodor Kocher Institute (TKI) and president of the commission for equality of the Faculty of Medicine, University of Bern
⁴Prof. Eva Segelov – Director of the Department of Clinical Research (DCR), University of Bern