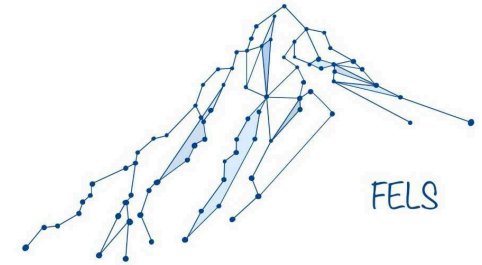


# 3<sup>rd</sup> FELS Retreat



- 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](mailto: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:** <sup>1</sup>**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 Konrad<sup>2</sup>**

- Hands-on workshop on how to use different social media platforms for our communication effectively

**12.00 Lunch**

**13.00 Role Models – Britta Engelhardt<sup>3</sup> & Eva Segelov<sup>4</sup>**

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:** <sup>2</sup>**Dr. Roger Konrad** – Communications Officer, Dean's Office Faculty of Medicine, University of Bern

<sup>3</sup>**Prof. Britta Engelhardt** – Director of the Theodor Kocher Institute (TKI) and president of the commission for equality of the Faculty of Medicine, University of Bern

<sup>4</sup>**Prof. Eva Segelov** – Director of the Department of Clinical Research (DCR), University of Bern