

The **9th MDC Mentoring Program** begins in **February 2019** and ends in **January 2020**.

02.2019 - 01.2020

# MDC9.

## Mentoring Program

Further information is provided at [www.mdc-berlin.de](http://www.mdc-berlin.de)

**CONTACT** Postdoc Office | Max-Delbrück-Centrum für Molekulare Medizin Berlin-Buch | Robert-Rössle-Straße 10 | 13125 Berlin-Buch | Haus 31.1 | Raum1016.1

Please send your application latest by **January 21st, 2019** per email to [postdocoffice@mdc-berlin.de](mailto:postdocoffice@mdc-berlin.de)

### What is Mentoring?

**MENTORING** is a powerful personal development tool to promote young talent in industry, science and economics.

**MENTORING** is a process in which an experienced senior leader in research, industry or university (the mentor) accompanies and provides advice and support to a (usually) more junior individual (the mentee) for a limited period during his/her career. This cooperative, equal relationship between mentee and mentor ("one-to-one mentoring") is non-hierarchical and key to the mentoring process. Mentor and mentee agree on regular meetings, and remain in regular contact either by email or telephone.

**MENTORING** helps qualified, dedicated mentees to identify and develop personal skills that will help them to advance in their careers.

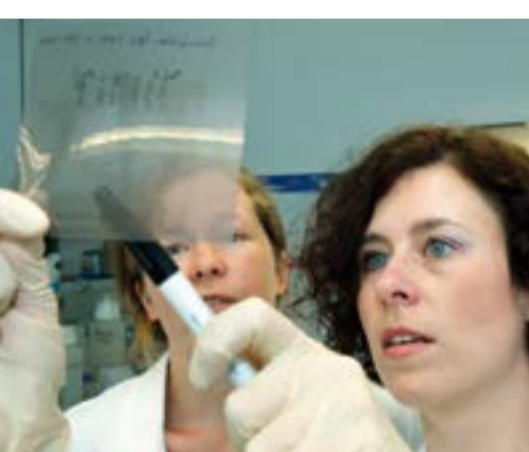
**MENTORING** facilitates the making of new contacts and the formation of a career network.



### The target group consists of male and female post-doctoral scientists



The program is organized by the Postdoc Office in collaboration with the Women's Staff Representative and the MDC's office of Human Resources Development. In addition to one-to-one mentoring our program will offer regular group meetings to reflect and accompany the mentoring process as well as workshops on specific topics and career counseling. The MDC Mentoring Program is our contribution to support equal opportunities in science.



Workshops to support **leadership skills, communication** and **career development** are central components of the program.

### Participation

The program is designed both for German- and English speaking postdocs. Those accepted to the program are expected to arrange regular meetings with mentors and attend workshops and group-meetings for the duration of the program.

### Application

Please find guidelines for your written application in the MDC Intranet. The „Mentoring“ page can be found in the main navigation panel of the „POSTDOCS“ tab.

Send your application latest by **January 21st, 2019** to [postdocoffice@mdc-berlin.de](mailto:postdocoffice@mdc-berlin.de)

### The MDC Mentoring Program helps you:

- To analyse your individual situation and career to date
- To recognize your potential
- To plan the development of your own career
- To optimize networking
- To develop strategies for achieving your professional goals



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Photos: David Ausserhofer  
Design: Ariane Staubach

**Dr. Sandra Krull** | Postdoc Office  
House 31.1 room 1016.1 | Phone 0049(0)30.9406-3332  
[sandra.krull@mdc-berlin.de](mailto:sandra.krull@mdc-berlin.de)

**Dr. Christiane Nolte** | Women's Staff Representative  
House 84 room 1404 | Phone 0049(0)30.9406-2222  
[cnolte@mdc-berlin.de](mailto:cnolte@mdc-berlin.de)

**Gabriele Kollinger** | Human Resources Development  
House 84 room 1209 | Phone 0049(0)30.9406-3715  
[gabriele.kollinger@mdc-berlin.de](mailto:gabriele.kollinger@mdc-berlin.de)