

Professional Skills WORKSHOPS



Pitch Yourself: Learning effective communication for professional purposes

Did you know that oral communication and presentation skills are at the top of the list of the competences recruiters look for? Over two 90-minute workshops held during the same week, this training will guide you through learning how to talk effectively about yourself and your professional and academic interests in front of a potential employer or a group of colleagues.

During the first session, you will find out useful effective communication strategies, public speaking and stress management techniques. The second session will be dedicated to a practical pitching exercise. You will be asked to identify a relevant stakeholder for your presentation and prepare an individual professional 'pitch' that you will deliver in front of the other participants. This will allow you both to practice and gain confidence in framing and talking about yourself and your ideas in relevant ways for your university and career advancement.



Branding Yourself Online

Have you ever thought about the importance of your 'professional image'? Are you curious to learn more about how to present your work and yourself professionally by taking advantage of online available resources? Over two 90-minute workshops held during the same week, this training will focus on online professional 'branding'.

The first session will introduce the importance of presenting yourself and your ideas in the right way to the stakeholders you are interested in connecting with professionally. We will cover clarity of vision and discuss best strategies to showcase your professional strengths and capacities. The second session will then delve into how to present your skills and your experience to position yourself credibly in relevant professional fields (whether on LinkedIn, by 'online' networking on social medias and through your cv). During the second session you will also receive concrete tips to gain greater visibility and for networking. This twofold training will combine trainer's presentations, interactive activities and dedicated moments for individual practice.



Maja Spanu is a Research Fellow and Affiliated Lecturer in International Politics at the University of Cambridge, UK. She has extensive experience working in research, project coordination, training & teaching in higher education, policy and cultural philanthropy. Working with universities and research institutions internationally, Maja regularly offers career trainings & advice to students, researchers and university staff seeking to professionalise outside of academia, make their work policy-relevant or enhance their social impact in meaningful ways.