Focus on
Postdocs

GROW

Empowering female & first-generation
postdoctoral researchers – 2025 edition

Mentoring, Workshops, Peer-Mentoring Group

GROW Program

Congratulations on taking part in GROW – we wish you lots of inspiring moments!

Mentoring

9 September 25 11:30 – 13:00 **Kick-off GROW program & meet the mentors**, incl. Lunch KUM, Künstlergasse	**October 25 – October 26** **Meetings and exchanges with mentors**: Dates set individually

Workshops

9 & 10 October 25 9:00 – 12:30 **Appointment Training** incl. individual coaching by appointment from 13.30h by Margarete Hubrath Location in email reminder	**19 & 26 November 25** 9:00 – 16:00 **Grant Writing** incl. individual coaching within the next 6 months by Ingo Hebach, UZH Research & Grants Office Location in email reminder
12 January 26 9:00 – 13:00 **Life Balance** by Tobias Oberli, Fachstelle UND Location in email reminder	**29 January 26** 9:00 – 17:00 **Speech, Voice & Confidence** by Isabelle Paris, Coach, Voice actress, actress Location in email reminder

Detailed workshop descriptions:

Keynote / Panel Event

26 February 26
8:30 – 11:30

Career Sponsorship
by Graduate Campus in cooperation
with UZH Equality, Diversity, Inclusion
(EDI)
Location in email reminder

Peer-Mentoring

A guided topic focus will be set for three sessions (to be announced in early 2026).
Additional peer mentoring sessions can be arranged within the group if desired.

27 March 26	**24 April 26**	**22 May 26**
08:30 – 10:00	08:30 – 10:00	08:30 – 10:00
Location in email reminder	Location in email reminder	Location in email reminder

Additional Information

For communication within the group, you will be invited to join a team channel.

The program coordinators can be reached via grow@grc.uzh.ch

Cancelling more than one workshop session will result in exclusion from the program. Cancellations must be communicated via e-mail to the program coordinators.

GROW Program overview: