



Focus on
Postdocs

GROW

Empowering female & first-generation
postdoctoral researchers – 2025 edition

Mentoring, Workshops, Peer-Mentoring Group

GROW Program

GROW Empowerment Program supports female and first-generation researchers at the **postdoctoral level** through mentoring, tailored workshops, and peer exchange.

Mentoring supports personal and professional development	Workshops enhance transferable skills through tailored courses	Peer-Mentoring enables informal collegial exchange & expansion of networks
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Timeline Kick-off: 1 hour in September 2025
Mentoring: October 2025 until October 2026
Workshops: October 2025 until February 2026 (see below)
Peer-Mentoring: starts February 2026

09/25	10/25	11/25	01/26	01/26	02/26
Program Kick-off	Appointment Training	Grant Writing	Life Balance	Speech, Voice & Confidence	Career Sponsorship*

*in cooperation with the Office for Equality, Diversity, Inclusion

Application In the first edition, a maximum of 16 applicants can be admitted. Application form and CV must be submitted by July 13, 2025. Selection and feedback will be provided at the end of July 2025.

Application documents, conditions of participation & information on the selection process:

