



Universität  
Basel

# Kick-off Workshop

## Jump-starting your antelope Journey

<b>Description</b>	This kick-off workshop lays the foundation for your successful participation in the antelope program. You will receive an orientation to the program as well as meet your fellow participants and start to build a new network of mutual support for this crucial phase of your career. The workshop will further provide a range of insights, tools and practical suggestions for how to design your individual antelope journey. It will offer a framework for creating an inspiring vision for your personal and professional future as well as for defining concrete strategies and action steps. Doing so will require imagination and inventiveness as well as pragmatism and critical self-reflection and the workshop will highlight the issue of drawing creatively on different mindsets. You will each work on your own personal vision and goals; however, you will also support each other by means of guided group activities. In that way, you will benefit from one another and from the energy of the entire group to propel you forward on your antelope journey.
<b>Content</b>	The workshop combines research findings from the fields of psychology, neurosciences, behavioral sciences and anthropology and interlinks them with techniques from solution-focused and generative coaching approaches. A further crucial element of the workshop is peer support – you will aid other participants in mapping out their journey and in turn receive their creative input for the realization of your goals.
<b>Methods</b>	Short lectures, individual work, group exercises, plenary interaction
<b>Language</b>	English
<b>Instructor</b>	Andrea Kleinhuber, leadership development professional
<b>Workload</b>	6 h (preliminary work 0 h, lessons 6 h, follow up work 0 h)
<b>Dates</b>	15 April 2024
<b>Location</b>	Hotel Odelya