



Universität
Basel

Mission Possible

Jump-starting your antelope Journey

Description	<p>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 key activity of the day will be the practical application of a self-coaching format called «mission possible». This will offer you a structure for creating an inspiring vision of your personal and professional future as well for designing concrete strategies and defining action steps towards turning this vision into reality. Doing so will require imagination and inventiveness as well as pragmatism and critical self-reflection. Hence, the workshop will provide a range of tools and suggestions for these various aspects of your «mission possible». It will assist you in examining your individual starting conditions and challenges, but also in identifying and utilizing your strengths and resources. 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.</p>
Content	<p>The workshop combines research findings from the fields of psychology, neurosciences, behavioral sciences and anthropology and interlinks them with well-proven 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.</p>
Methods	<p>Short lectures, individual work, group exercises, plenary interaction</p>
Language	<p>English</p>
Instructor	<p>Andrea Kleinhuber, leadership development professional</p>
Workload	<p>7 h (preliminary work 0 h, lessons 7 h, follow up work 0 h)</p>
Dates	<p>27 March 2020</p>
Location	<p>Wildt'sches Haus</p>