Emotional intelligence: why it matters

Description and objectives
How we feel influences our perceptions, decisions and actions. Accurately perceiving how you and others feel, using these feelings to assist with the task at hand, understanding how these feelings arose and how they will change, and then managing to stay open to these feelings makes us efficient in our interaction with others.

Emotional Intelligence Theory describes four emotional key abilities:
- Perceive emotions accurately
- Use emotions to help you think
- Understand emotions’ causes and changes
- Manage emotions by including the data of emotions in our thinking, decisions and actions

In this workshop you will learn to explore how these skills matter in interacting with each other and how they can potentially impact your teaching. At the end of this workshop, you will be able to give a definition of the emotional key abilities and identify which of these strengths you would like to leverage and which could become development opportunities for you.

Approach
In this experiential workshop you will be introduced to the key concepts and then explore experientially how each of the key abilities could be applied and translated into concrete situations at the workplace.

Based on your understanding and learning from the role plays you will be encouraged to define personal strategies for how to leverage and/or develop your own emotional skills.

Trainer
Silke Mischke, cognitive psychologist and executive coach

Number of participants: 12

Dates and location
6th & 19th March 2020, EPFL

Registration opening
24th January

Duration
2 half days (9h–13h)

Contact
bureau.egalite@epfl.ch

Academia, ResearchGate, Twitter…: Réseaux sociaux et visibilité sur internet

Description and objectives
Difficile pour les chercheuses et les chercheurs d’être bien visibles sur internet et de se créer une véritable identité numérique professionnelle! Face à la multiplication des outils et services disponibles, cet atelier apportera des pistes et des conseils pour rendre visible son profil et ses publications de manière positive et valorisante, en fonction des moyens et des buts de chacune.

Cet atelier vous propose de:
- Comprendre l’importance de la visibilité individuelle dans le contexte actuel de la science;
- Découvrir et distinguer les principaux réseaux sociaux utiles aux chercheuses;
- Connaître leurs intérêts et leurs limites par rapport à d’autres services de présence en ligne;
- Connaître les dispositifs de partage et de veille au regard de son objet de recherche et de ses communautés;
- Définir son implication personnelle en ligne afin de promouvoir son profil et ses résultats scientifiques.

Approche
Alternance d’exposé, démonstrations, échanges collectifs et travaux pratiques individuels.

Animation
Aline Bouchard, co-responsable de l’École nationale des chartes, URFIST, Paris

Number of participants: 15

Date and location
16 mars 2020, Université de Neuchâtel

Contact
egalite.chance@unil.ch

Pushing back against everyday sexism

Description and objectives
This workshop seeks to increase your skills in identifying and countering potential negative effects of sexism in your lives. During the workshop, we will practice techniques and approaches to respond to various professional situations (including those brought by participants). The focus will primarily be on addressing bias encountered in other people; however, we will also explore how we have each internalized some beliefs that are not necessarily coherent with our protected views.

The workshop will follow a 3-part structure:
- It’s still alive! – Recognizing and challenging challenging sexism in your life (micro-aggressions, intersectionality, implicit bias, mansplaining)
- Sisterhood – Finding mentors and supporting others (amplifying, spotlighting, networking, avoiding anti-mentors)
- Self-Care – Choosing your battles and developing your internal compass (self-confidence, legal resources, work/life balance)

Approach
This workshop is resolutely participative and will employ multiple strategies to promote personal reflection, small group discussion and collaborative problem solving.

Trainer
Siara Isaac, pedagogical advisor, Teaching Support Centre, EPFL

Number of participants: 16

Date and location
26th March 2020, University of Lausanne

Contact
egalite.unil.ch

Facilitation techniques for working groups

Description and objectives
This workshop will allow you to explore and pilot different approaches and techniques for managing a small team or leading a team on a specific project.

Specifically, it will assist you with:
- Setting the tone and making the ‘right’ impression in a new group
- Establishing effective habits for discussion and debates in the group
- Imposing appropriate tools for decision making
- Implementing strategies for resolving disagreements
- Managing subordinate, superordinate and peer interactions
- Ensuring a project advances and keeps to schedule
- Developing your personal leadership style

Approach
Participants will work individually and in small groups on a variety of reflective and practical exercises designed to assist them in identifying and developing techniques, which fit with their personal leadership style. Each participant will have the opportunity to role play leading a group discussion and to receive constructive, individual feedback from the group.

Trainer
Siara Isaac, pedagogical advisor, Teaching Support Centre, EPFL

Number of participants: 15

Date and location
29th April 2020, University of Geneva

Contact
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