

On Coaching Ph.D.'s

Coaching is a process oriented dialogue between a coach and a Ph.D.-student aiming at enhancing the reflections and potentials of the Ph.D.-student. The overall goal is to facilitate the development of good working routines and satisfactory work relations, in order to keep up motivation and use time and resources in an effective manner during the entire research project.

The coach can listen and ask questions in order to create an overview, make the goals and the challenges more specific and help the coachée find his or hers own solutions. It is the aim of the coach to bring about an internal focus in the coachée, digging up the possible actions of the Ph.D.-student. From this perspective Ph.D. Coaching is primarily seen as a way to enhance coping skills in a variety of professional, personal and social situations.

On the Coach

- ✓ Private practice as coach and psychotherapist at the outskirts of the campus
- ✓ Researcher and teacher in the fields of Ph.D. supervision and Problem based Learning at the Department of Planning, Aalborg University
- ✓ Experience as Consultant in Promoting Wellbeing and Job Satisfaction at a private company
- ✓ Experience as Organizational Consultant at a Danish Municipality
- ✓ Currently specializing as ISTDP therapist
- ✓ Educated as individual therapist and group therapist in 2010 and member of the Danish Association for Psychotherapy, MPF.
- ✓ Trained as Stress coach by Prevent Stress in 2007
- ✓ Trained as life and business coach by Manning Inspire in 2005
- ✓ M.Sc. in Engineering in 1994 and Ph.D. in Public Transport Planning in 2003 from Aalborg University



***Ph.D. Coaching at AAU
The Doctoral School of
Engineering and Science***

Ph.D. Coaching at the Doctoral School

The Doctoral School of Engineering and Science at AAU have launched a coaching initiative for Ph.D. students at the Faculty of Engineering and Science. The challenges are many, doing a Ph.D., and the ambition is that coaching will support the process of the project and the wellbeing of the Ph.D. student. This brochure brings about the practical details of the initiative.

What kind of challenges can be relevant for coaching?

Supporting the own initiative of the Ph.D. student is what Ph.D. coaching aim for. A variety of topics can be relevant for coaching, e.g:

- ✓ ***Project management*** – supporting the acquisition of effective working routines and the ability to keep up a satisfying work-life balance.
- ✓ ***Enhancing co-operative relationships*** – supporting the acquisition of a good relationship with the supervisor or other professional or social networks.
- ✓ ***Retrieving motivation and creativity*** – e.g. clarification of goals, values and (self) expectations. Identity, self-confidence and meaning of the project.
- ✓ ***Coping with stress and uncertainty*** – e.g. helping along a Ph.D. student, who is at risk of falling into the trap of misusing own resources.
- ✓ ***Career guidance*** – ability spotting and transferable skills. Where does the Ph.D. student go from here, and how does he or she get there?
- ✓ ***Personal or private challenges*** – e.g. anxiety, loneliness, love troubles, sickness in the family, perfectionism or whatever might affect working life.

How does the Ph.D. student get started?

The program coordinator is able to initiate a first contact between the coach and the Ph.D. student, when a relevant challenge is encountered. The coach is M.Sc. in Engineering, Ph.D., Pia Bøgelund, who has even been trained as a coach and psychotherapist. She can be reached at pb@plan.aau.dk.

Her mobile number is 31 31 33 97. A CV is listed on the back.

How does a typical collaboration look like?

The coaching will take place at the private practice in Sdr. Tranders, behind the university, if nothing else is arranged. The first session will last for about 1½ hour, whereas the following sessions will take around an hour. The content of the sessions will of course vary according to the subject in question. Typically the single session contains a clarification of the goal, a focus on the obstacles that prevent the Ph.D.-student from reaching it, considerations as to what he or she can and really want to do, and considerations as to how he or she get motivated to reach the goal. Different tools will be taught and applied in order to enhance coping skills and clarity.

A typical collaboration will go from 2-5 sessions depending on the subject. It is often so that specific subjects pop up at specific times in the Ph.D. process. Often the need for coaching is largest in the middle of the Ph.D. period, moving towards the end of the entire project.

