

# DIPLOMA

## Conny Sjöqvist

Participation in the Mentor Programme  
within the Graduate Research School in Genomic Ecology (GENECO)  
at Lund University, 2012-2014

The programme has been running in partnership with MiL Institute and lasted for 18 months, from August 2012 to February 2014. The design is based on ARL®-philosophy with mini lectures and exercises related to the participants' reality. Mentors have been recruited from within and outside academia. The mentee and mentor have met approximately twelve times. There has been one live in during two days and one day seminar and one half day seminar included in the programme.

### The purpose of the programme has been to:

- *Strengthen the PhD student's network within and among academia, business and/or different government authorities.*
- *Support PhD students in their personal development.*
- *Support and improve PhD students' career planning.*

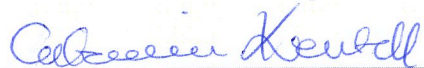
### Examples of the Programme Content:

- Dialogue and coaching
- Personality instrument MBTI
- My future career goals
- Mentorship – what is it and what should it be?
- Appreciative Inquiry
- Gender and power
- Tools for creativity
- Feedback tools
- Reflections on the individual development and the career
- How to continue the journey of learning & Closure as a drive for change

Malmö 10 February 2014



Karin Rengefors  
Professor, Director of GENECO  
Lund University



Catarina Kentell  
Programme Director  
MiL Institute

