

## **4-Hour Modules**

### **Module 1**

#### **Employment Opportunities for PhD Holders in the Knowledge Economy**

With the support of ISTAT data and the extensive experience of the instructor, a PhD in Astrophysics with over a decade of expertise in bridging research and industry, we will analyze the value of pursuing a PhD in today's social and economic context. The module will explore potential career directions for PhD holders, highlighting the unique advantages of this qualification and the challenges to overcome in leveraging its potential.

#### **Competence Awareness: Finding the Words to Describe a PhD**

We will delve into the concept of competencies and address one of the main challenges faced by PhD holders when communicating their research experience to non-academic audiences: language. Participants will reflect on the complexity of articulating transferable skills, which are often acquired tacitly during research activities, and on using terminology that resonates with different audiences. Additionally, we will explore how to effectively utilize language to communicate across various channels.

---

### **Module 2**

#### **Workplace Well-Being During and After the PhD: Psychological Variables in Career Orientation**

Building on the doctoral experience, this session will examine the variables that influence workplace well-being and explore the dynamics of motivation. Participants will learn to reconnect with the signals that indicate whether they are in the right work environment, constructively address potential warning signs, and use them to identify a fulfilling career path.

#### **Navigating a Career Transition**

Through a combination of professional transition psychology and practical tools, participants will gain an in-depth understanding of the main obstacles and gaps to bridge when adapting to the non-academic job market. Topics will include common biases and challenges faced by PhD holders, along with effective coping strategies focused on motivation and planning.

---

### **Module 3**

#### **Career Destinations and the Selection Process (Part I)**

This session will examine career destinations and various work contexts, using real-life examples. Participants will gain insights into the phases, actors, and "rules of the game" in a typical job selection process, with a focus on common mistakes and challenges faced by PhD holders during this experience.

## **The Selection Process (Part II): Self-Branding, Pitch, and Job Interview**

Participants will learn how to develop their self-branding by showcasing their skills and achievements and crafting a compelling professional pitch. The session also includes practical communication techniques for preparing for job interviews, with a focus on presenting oneself confidently and effectively communicating one's value.

---

### **Module 4**

#### **Workshop: From the Ideal Job to a Real Plan – Tools for Informed Career Choices**

Participants will engage in practical exercises to build their "professional compass," gain awareness of their unique skill sets and objectives, and map out possible career directions. These activities will help finalize the creation of a concrete career plan.

#### **Creating a LinkedIn Profile: Case Study in Self-Communication**

Participants will apply the lessons learned about positioning their PhD in the market, competency language, and self-branding to create or update their LinkedIn profiles. This guided and meta-analyzed process will also explore targeted networking opportunities facilitated by this platform.