



Registration until 02 June, 2023: [MITARGET SYMPOSIUM REGISTRATION](https://registration.ikmb.uni-kiel.de)  
(<https://registration.ikmb.uni-kiel.de>)

## 16 June, 2023 – Junior Researcher's Day

ZMB, Am Botanischen Garten 11, Kiel

### *Develop & Preserve your Professional Potential*

08:30 - 09:00 Open Doors, Coffee

09:00 – 09:15 Welcome, Irene Bermúdez-Pérez & Valeriia Kriukova, Prof. Dr. Andre Franke (speaker miTarget) (location: ZMB, 4<sup>th</sup> floor)

09:15 – 12:00 **Unlock your potential**, talkshop with [Afi Sika Kuzeawu](#), MSc Economics, B.A. Music, MSc Psychology, Career Mentor and Artist, Bern, Suisse (location: ZMB, 4<sup>th</sup> floor)

12:00 – 12:45 lunch break

12:45 – 14:15 **Relaxing and energizing your entire body: How to relax quickly and get new energy for your professional work**, [Dr. Tenna Dahl](#), Biologist, Coach, Yoga Teacher, Kiel (location: ZMB, ground floor)

*OR*

12:45 – 14:15 Workshop: **Potential – developing it *through* preserving it. A session of self-reflection guided by inspirational questions and impulses.** [Hanna Campen](#), Graduate Center at Kiel University (location: ZMB, 4<sup>th</sup> floor)

14:15 – 14:45 Coffee break

14:45 – 16:15 **Relaxing and energizing your entire body: How to relax quickly and get new energy for your professional work**, [Dr. Tenna Dahl](#), Biologist, Coach, Yoga Teacher, Kiel (location: ZMB, ground floor)

*OR*

14:45 – 16:15 Workshop: **Potential – developing it *through* preserving it. A session of self-reflection guided by inspirational questions and impulses.** [Hanna Campen](#), Graduate Center at Kiel University (location: ZMB, 4<sup>th</sup> floor)

16:15 – 16:30 Closing remarks (location: ZMB, 4<sup>th</sup> floor)

We suggest you joining both the workshop lead by Dr. Tenna Dahl, and the workshop lead by Hanna Campen. *Please consider that for better experience all attendants should divide into two groups for the afternoon workshops!* Please register only once for each workshop, e.g. Dahl-workshop at 12:45h only.