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How Mentoring can support you in shaping your Future

Ruth Gabler-Schachermayr, Head of Alumni Relations

Personal Story Title



**"Mentoring is all about
bringing who you are to
what you do"**



Ruth Gabler-Schachermayr

Head of Alumni Relations



Tessa Sturm

- **Executive in Public and Nonprofit Management** with over 21 years of experience in education, fundraising, and public affairs.
- After successfully developing the **Youth University at the IMC University of Applied Sciences Krems** and completing my MPA in Nonprofit Management at Indiana University as a Fulbright grantee, I have taken on various leadership roles, starting with **Kiwanis International** in the United States.
- Currently, leading the restructuring of a modern alumni community and overseeing a university-wide CRM project.

98%



of Fortune 500 Companies have implemented Mentoring Programmes

Why Mentoring works

Mentoring combines three powerful forces:



Experience

Using our most powerful learning
tool



Critical Reflection

Integrating the bigger picture



Growth

Moving forward through aligned
action

What you will gain:





How to make the most of Mentoring

Choose a great mentor



#MentoringMyth:
**An Impressive
Career is the Most
Important Skill as a
Mentor**

It's not just about experience and expertise:

ASKING OPEN-ENDED QUESTIONS
EXERCISING CURIOSITY
ENCOURAGING
LENDING AN EAR
GIVING FEEDBACK
LISTENING
TRUST BUILDING
CHALLENGING
REFLECTING
EMPOWERING
SIMPLIFYING
EASING
KEEPING THE BIGGER PICTURE IN MIND
PARAPHRASING
EXPLORING POSSIBILITIES



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alma Mentoring



**Finding a
Plan B
for your career**



Authentic
Networking

**Academia or
Industry?**



**Balancing your career
with family**

Starting a business



Dealing with
pressure

Women in Science



Academic Landscape abroad



**Inspiration and
support with
difficult decisions**

Angelika Manhart



Assistant Professor of Biomathematics, University of Vienna (PdH Mathematics)

Mentoring Topics:

- Academic career
- Balancing career/side job/personal life,
- Pros and cons of interdisciplinarity,
- Women in science, pregnancy/parental leave/re-entry, balancing children and career
- Academic landscape in the UK & USA, living abroad

Joachim Seipelt



Co-founder of Companies focused on Research and Development in the Biotech Sector (PdD Biochemistry)

Mentoring Topics:

- Career in the life sciences field (biochemistry, molecular biology, genetics, etc.)
- Academic career path
- Leaving Academia
- Founding a company



Scientific Directorate of ESA / Institute for Astrophysics at the University of Vienna

Mentoring Topics:

- Self-confidence & how to „Just do it“
- IT as well as communication, media, and education in the field of space science
- Diversity & Gender Equality
- Overcoming career challenges
- How to present yourself in order to get a job

Bernhard Blaschitz



Computer Vision Expert at Österreichische Nationalbank
(PdH Mathematics)

Mentoring Topics:

- Research / Academia vs. Industry (having worked in both)
- Working in the public sector
- Computer science, image processing, camera systems

Stay in the drivers seat

#MentoringMyth:
Mentors are
Responsible for the
Learning



Know what you need – and ask for it!



Liked it



Learned it



Lacked it

The Mentor's Guide – Zachary & Fain

Breakout #1: What does your ideal Mentor look like?

What **qualities or values** do you most appreciate in a mentor?

What kinds of **backgrounds** (e.g., industry experience, non-traditional paths, international work, interdisciplinary training) do you think could bring especially valuable **insights** to your growth?

How could a mentor support your **career goals** (academic or beyond)?

5 participants per room

1 Timekeeper / 1 person to summarize insights for the big group

Mentoring: not a one-way street

#MentoringMyth:
Mentors give, Mentees
receive



Breakout #2: What could you teach a Mentor?

What **unique perspective or skill** could you offer a mentor?

What **interests, values, or approaches** do you bring that could help your mentor see something in a new way?

Have you **navigated challenges or paths** (e.g., career changes, cultural transitions, interdisciplinary work) that give you insights others might not have?

5 participants per room

1 Timekeeper / 1 person to summarize insights for the big group

Bring the mess, not just the plan

Don't let
perfect get in
the way of
good





Individualized career support for your unique path

alma Mentoring in a nutshell:



2 main Topics:

1. Career entry & Professional development
2. Self-employment and Entrepreneurship

Mentee Journey:

- Register on the platform
- Choose your personal mentor
- 6 months tailored career support
- Flexible scheduling

Become a Mentee:



Say Hello:

Head of Alumni Relations:

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Project Manager alma Mentoring
(individual support choosing a mentor):

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