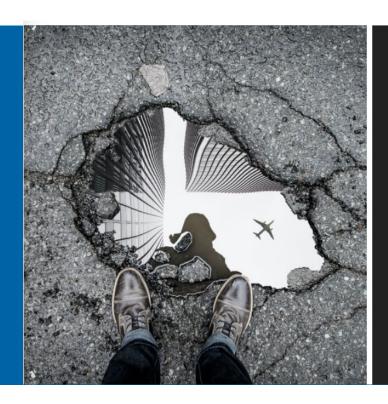


How Mentoring can support you in shaping your Future

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 Sturr

- 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%00000000

of Fortune 500 Companies have implemented Mentoring Programmes



Why Mentoring works





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:





alma Mentoring



Finding a Plan B for your career



Dealing with

Authentic Networking

Academia or Industry?



Balancing your career with family



Academic Landscape abroad



Women in Science



Inspiration and support with difficult decisions

Angelika Manhart



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

- Academic career
- Balancing career/side job/personal life,
- Pros and cons of interdisciplinarity,
- Women in science, pregnancy/parental leave/reentry, 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)

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



Salim Ansari



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

- 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)

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



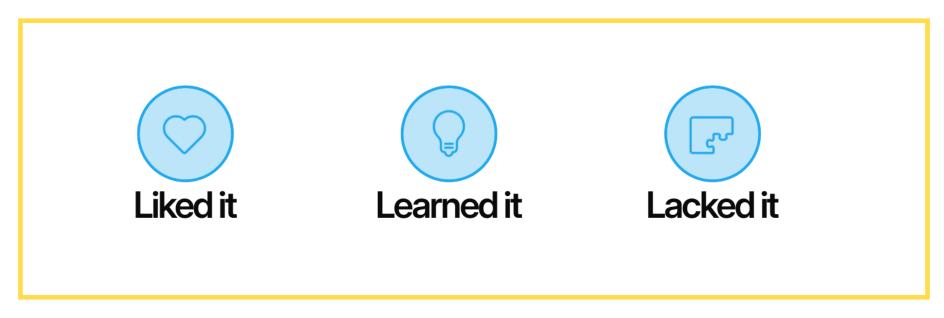
Stay in the drivers seat

#MentoringMyth:
 Mentors are
Responsible for the
Learning





Know what you need – and ask for it!



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 plattform
- Choose your personal mentor
- 6 months tailored career support
- Flexibile scheduling



Become a Mentee:



Say Hello:

Head of Alumni Relations:

ruth.gabler-schachermayr@univie.ac.at

Project Manager alma Mentoring (individual support choosing a mentor): olivia.jecel@univie.ac.at



