How to start your own lab

Becoming a group leader and starting your own lab is a complex process that requires skills on different levels. Most important are networking and collaboration, prioritizing and project management, and leadership - topics that will be discussed in the workshop with Daniel Mertens.

Networking / collaboration

❖ How do you make a lasting impression? What are tools to become memorable? A short activity will impress on how to make information stick.

❖ Have you trained your pitch yet? Easy and simple to understand is difficult to do. We will train on how to get your research information across effectively.

❖ On the coordinate system of assertiveness and cooperation, where is your mode of interaction located? Using an activity with the Thomas Kilmann model, you will test different approaches to collaboration: most wins wins.

❖ Interdisciplinary research comes with issues of divergent communication, strategies and approaches. If you manage to overcome these hurdles, interdisciplinary research is rewarding and innovative.

❖ Ultimately, success is easy if "your thing" becomes interesting to others. To reach that niche, parallel strategies and trying is imperative.

Prioritizing / project management

❖ In the Eisenhower matrix, urgent is not important, and tasks can be classified into "just do it", "make it happen", "delegate or use the Pareto principle" and finally the "trash can". Key is to make the "important-only" tasks happen by taking resources (time) from the "urgent-only" tasks. Using real-life examples we will discuss approaches to prioritize and taking decisions to become more effective in our everyday work.

❖ Do you plan your whole week? Do you fill your time 100%? Then how do you accommodate the unexpected? More importantly, how do you accommodate the opportunities? Employing the 80-20-20 rule is key.

❖ How do you let go? Using the famous "20 dollar auction", we will address the "sunk-cost-fallacy" and train letting go of the good in favour of the better.

Leadership

- ❖ Am I suitable as a group leader? What are my strengths, what are my interests, what are my values? How do I see the future? Find out with anonymous online tools.
- ❖ When should you delegate? If you delegate, will the product be the same as when you would do it yourself? Delegating is not easy, it takes guts and letting go. But it can be rewarding – beyond just saving time for yourself: train others, delegate to someone who can do it better. Delegating is key to success for team leaders.
- ❖ Where does motivation come from? Motivation is the essence of performance, so understanding the mechanics of motivation and promoting motivation in yourself and in others is the energy to overcome obstacles and to reach goals.

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