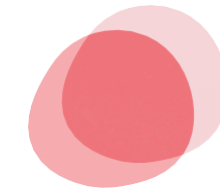
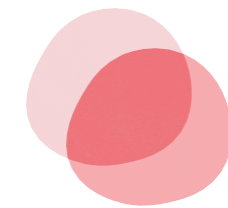



"Mentoring gave me a glimpse into a different cultural circle."



"Mentoring helped me with scheduling time for my dissertation and for my children."



"Mentoring helped me to take a healthy critical look at my own scientific work."



**"I can handle
stress
better."**

**"Mentoring has helped
me solve many small
problems."**

**"Peer mentoring has
helped me solve many
small problems."**



**"Mentoring directed me
to an internship in a
suitable company."**

**"Mentoring has fostered an interest in
mastering the operation of the sample analysis
instrument."**

**"Mentoring convinced me
that it is best to try
everything in practice."**

**HANDS-ON
EXPERIENCE**

DIDACTICS AND PRESENTATIONS

“

**I got rid of my shyness
when speaking in
front of an audience.**

”

**"Mentoring has helped me
in my teaching preparation
and in my approach to
students."**



SCIENCE AND RESEARCH

**"Mentoring has helped me
improve my scientific writing."**

**"The Project Management
Workshop showed me how to
collaborate and where to apply
for project funding."**


**"Mentoring helped me enter
the scientific community."**

**"Mentoring helped me choose
a study abroad programme."**

**"Mentoring allowed me to
consult on professional
topics with an expert."**

**"Having a mentor from a different field gave
me insight into a different way of thinking."**

**PROFESSIONAL
GROWTH**

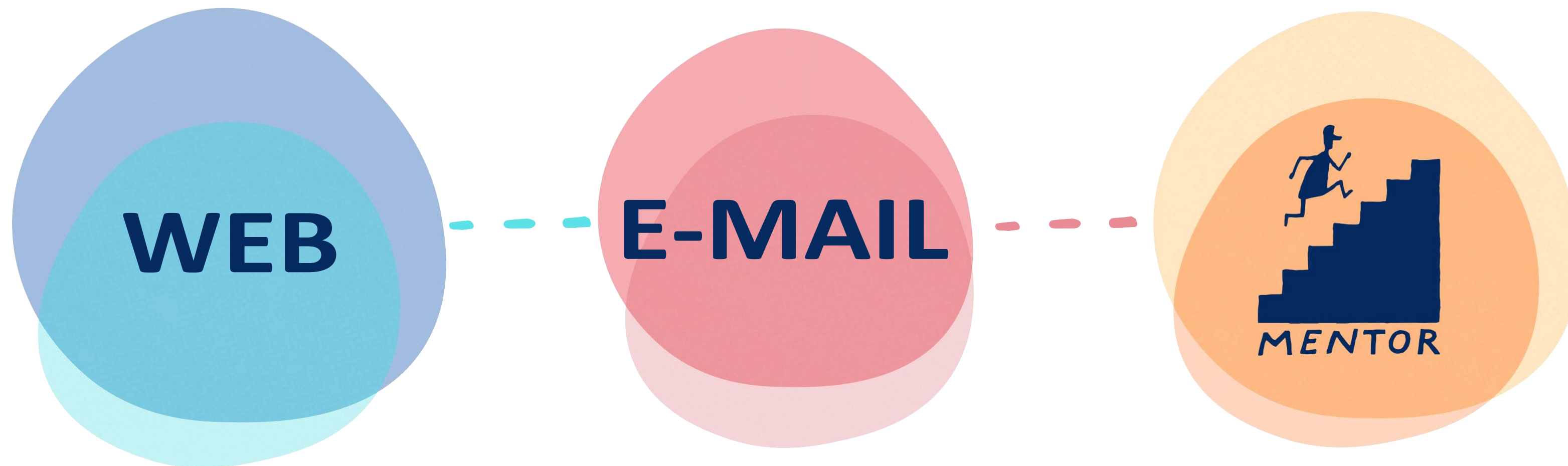
Three overlapping teal circles of varying sizes are positioned in the top-left corner of the slide. The largest circle is partially cut off by the left edge, while the other two are smaller and nested within it.

"Mentoring has helped me to get acquainted with the scientific environment at the University."

"During the mentoring I practiced communicating in English."

Three overlapping teal circles of varying sizes are positioned in the bottom-left corner of the slide. The largest circle is partially cut off by the left edge, while the other two are smaller and nested within it.

"Mentoring helped me change my field."



www.upce.cz/mentoring iveta.moravcova@upce.cz We look forward to seeing you.