

SKILL SESSIONS

Wervingsdagen
The TU/e Career Events



**TAKE YOUR CAREER TO
NEW HEIGHTS**

PREPARE YOURSELF FOR TAKEOFF

-  Free workshops
-  Professional trainers
-  Personal development

7-11 DEC 2026

Sign up until **23 November**
www.wervingsdagen.nl

SKILL SESSIONS 2026

All skill sessions will be in English

	Trainer	Workshop
Monday 07 December 13:30 - 16:30	TU/e Career Academy	CV & Cover Letter (p.12)
	XCDÉS	Understanding the Patterns That Drive You (p.13)
	Debat.NL	Speech like Obama (p.14)
	Meaningful Work	Meaningful leadership (p.15)
	B&R Beurs	Investing for Beginners (p.16)
	TINT	Envision your Future (p.17)
Monday 07 December 18:30 - 21:30	Lilian Woltering	Etiquette dinner (p.18)
	Debat.NL	Discover the charisma within you (p.19)
	XCDÉS	Small Talk Survival (p.20)
	Gijs de Man	Latex Beginner (p.21)
Tuesday 08 December 09:00 - 12:00	Meaningful Work	Get started with AI (p.23)
	LearnIT	Excel advanced (p.24)
	TU/e Career Academy	Powerful Presenting (p.25)
	B&R Beurs	Investing advanced (p.26)
	Saskia Schepers	Collective Intelligence (p.27)
Tuesday 08 December 13:30 - 16:30	Meaningful Work	Ikigai (p.28)
	XCDÉS	Gen-Z in the Labour Market (p.29)
	Debat.NL	Persuasive Debating (p.30)
	LearnIT	Photoshop basic (p.31)
	TU/e Career Academy	Study Crafting (p.32)
	TU/e Career Academy	Applying with AI (p.33)
Tuesday 08 December 18:30 - 21:30	Lilian Woltering	Etiquette dinner (p.34)
	Erik Heijnen	Getting Things Done: Reloaded (p.35)
	XCDÉS	Failure with Charisma (p.36)
	Debat.NL	How to catch a rat (p.37)
	TU/e Career Academy	LinkedIn and Networking (p.38)

	Trainer	Workshop
Wednesday 09 December 09:00 - 12:00	Meaningful Work	AI advanced (p.40)
	LearnIT	Excel advanced (p.41)
	Donateus	SWOT Analysis with LEGO (p.42)
	TU/e Career Academy	Contract Negotiations (p.43)
	B&R Beurs	Investing advanced (p.44)
Wednesday 09 December 13:30 - 16:30	Meaningful Work	AI automation (p.45)
	LearnIT	Photoshop advanced (p.46)
	TU/e Career Academy	Mindful Studying (p.47)
	B&R Beurs	Investing for Beginners (p.48)
Wednesday 09 December 18:30 - 21:30	Lilian Woltering	Etiquette dinner (p.49)
	TU/e Career Academy	CV & Cover Letter* (p.50)
	Gijs de Man	Latex Advanced (p.51)
Thursday 10 December 09:00 - 12:00	TU/e Career Academy	Contract Negotiations (p.53)
	Wendy Broeder	Assertive communication and action (p.54)
	LearnIT	Illustrator (p.55)
Thursday 10 December 13:30 - 16:30	Meaningful Work	Project management (p.56)
	Wendy Broeder	Deal with perfectionism (p.57)
	LearnIT	SQL (p.58)
	TU/e Career Academy	From Study to Work (p.59)
10 December 18:30 - 21:30	Erik Heijnen	Getting Things Done: Reloaded (p.60)
	TU/e Career Academy	Job Interview* (p.61)
Friday 11 December 09:00 - 12:00	Pure Talent	Elevator pitch (p.63)
	TU/e Career Academy	LinkedIn and Networking (p.64)
	Wendy Broeder	Stress management (p.65)
Friday 11 December 13:30 - 16:30	Pure Talent	Networking and positive influencing (p.66)
	Meaningful Work	Career management (p.67)
	Wendy Broeder	Time management (p.68)
	TU/e Career Academy	Job Interview (p.69)

*There are two workshops available in that time slot.

The exact location of the workshops
will be communicated after signing up

COLOPHON

The Skill Sessions guide is an annual publication of Wervingsdagen Eindhoven University of Technology.

Contact Information

Luna de Plint 1.244
PO. Box 513
5600 MB Eindhoven

Phone: +31(0) 40 247 4999
Mail: info@wervingsdagen.nl
Instagram: @wervingsdagen
LinkedIn: Wervingsdagen

Composition:

Julie den Hartog
Ola Jedlinska

Graphic Design:

Steil concept & creatie
steilreclame.nl

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Debat.NL	Career Academy
XCDES	LearnIT
Pure Talent	Gijs de Man
Wendy Broeder	Lilian Woltering
Erik Heijnen	Donatus
Meaningful Work	Saskia Schepers

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COMMITTEE OF Recommendation



Prof. S. Lenaerts

Rector Magnificus of Eindhoven University of Technology



Mr. R.W.O. Jakobs

President and Chairman of the Executive Committee of Koninklijke Philips N.V.



Prof. dr. C. Kroeze

Rector Magnificus of Wageningen University & Research



Prof. dr. ir. T.H.J.J. van der Hagen

Rector Magnificus of Delft University of Technology



Prof. dr. ir. A. Veldkamp

Rector Magnificus of University of Twente



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President and CEO of DAF Trucks N.V.



Mr. T.B.P.M. Tjin-A-Tsoi

Chairman and CEO TNO Executive Board

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Digital Affairs, Internal Affairs

Foreword Chairman of Wervingsdagen

START YOUR ENGINES AND TAKE OFF YOUR CAREER!



It is time to prepare for take-off, so fasten your seatbelts, stow away your luggage and get ready for take-off!. Welcome to the Wervingsdagen Skill Sessions 2026, an event designed to help you develop the skills that will take you beyond your studies and towards your final destination.

As students, we spend years developing our technical knowledge and analytical skills, but knowing how to put that knowledge into practice is a completely different challenge. Choosing where you want to go, finding the right opportunities, and presenting yourself along the way can sometimes feel like trying to navigate without a heading or a flight plan. I certainly don't have my entire route mapped out yet, and luckily, you don't have to either.

That is exactly where the Skill Sessions come in. Throughout the week, you can participate in over 50 free professional workshops covering a wide range of skills. Whether you want to improve your CV, prepare for a job interview, learn to negotiate your salary, become a stronger public speaker, or simply develop yourself in a completely different area, there is something useful for everyone.

And the Skill Sessions are only the start of your journey with Wervingsdagen. From March 2nd to 4th 2027, the Career Expo will give you the opportunity to meet more than 190 companies and explore the many destinations your career could take you. Later, from May 10th to 12th, the Interviewing Days allow you to take the next step and meet companies on a more personal level. The skills you develop this week may prove useful sooner than you think.

And remember, you do not need to know your final destination before you start, you only need a heading. Use the opportunities available to you, try something new, and choose the sessions that genuinely interest you. Your career will probably not follow a perfectly straight flight path, and that is part of the journey.

On behalf of the 46th Board of Wervingsdagen, we hope the Skill Sessions give you the confidence and skills to chart your own course.

Have a great week, and enjoy the flight!

Kishan de Bie
Chairman of the 46th Board

Foreword Rector Magnificus

FASTEN YOUR SEATBELT



Congratulations, you are almost ready for boarding the airplane that will take you to exciting places! It's time to spread your wings and leave your university. Wervingsdagen will prepare you for the journey that's ahead of you.

The skill sessions will be the first part of your career journey. This week, with workshops and lectures you will work on your personal and professional development. Topics that are covered include the application letter, the resume and the job interview, but you'll learn so much more. You are getting prepared to shine!

Maybe you don't know your destination yet, maybe you do. Know that your possible dream job may be closer than you think. In the coming next years, we will need a lot of smart talents like you in the Brainport Region, the region around Eindhoven that includes TU Eindhoven. This is the fastest-growing region in the Netherlands with leading organisations and companies. And they are looking for you!

Of course you'll be hitting some turbulence along the way, maybe a rejection or an application that doesn't go the way you'd hoped. Wervingsdagen will help you to sit through it: keep your seatbelt fastened and trust the process because whoever can do that always lands somewhere.

I want to thank the organization for their fantastic work! Wervingsdagen is one of the largest career events for engineering students in the Netherlands. I am very proud that our students have been organizing this for their fellow students for years.

So fasten your seatbelt and enjoy Wervingsdagen!

Prof. dr. Silvia Lenaerts
Rector Magnificus of Eindhoven University of Technology

Why visit a

WORKSHOP?

As the Board of Wervingsdagen, we organize career activities for all students of the Eindhoven University of Technology. We are excited to invite you to our Skill Sessions! The Skill Sessions are a full week of workshops, which are tailored to help you expand your horizons in terms of career/personal development and new potential skills.

During the Skill Sessions, you will have the chance to participate in interactive, hands-on workshops. Whether you want to navigate essential tools like Excel or LaTeX, or make your CV stand out to recruiters, the workshop sessions will provide you with practical knowledge to help you stay on your heading during your studies, and land your future career confidently.

This year's theme is 'Take your career to new heights'

The workshops are not just about acquiring technical skills, they also focus on the aspects of your personal and professional growth. From knowing the right etiquette at formal events, to managing stress in high-pressure situations, the event provides you with the soft skills that are critical for your career journey.

Think of these workshops as an opportunity to set your heading and follow your career flight path with confidence!



Register at
student.wervingsdagen.nl/login

Registration closes on
the 23rd of November





English



Monday
07 December



13:30 - 16:30



TU/e
Career Academy

Workshop

CV & COVER LETTER

TU/e

CAREER
ACADEMY

Learning objectives: Learn how to write a professional CV and cover letter to increase your chances of being invited for a job interview.

Once you know what you are good at and what it is you are looking for regarding your career, you will start looking for interesting jobs and opportunities. But how do you write a structured CV and a catchy cover letter? What information should be in these documents and what is best left out? How do you make sure that both documents match one another, and are there any alternatives that suit the current application trends? During this interactive workshop, we focus on these questions so you can clearly state your suitability and motivation for the position you are applying for. Participants will receive feedback on their documents and tips on how to further improve them.

Make sure you bring your CV and cover letter to benefit the most from this session.

Trainer

TU/e Career Academy

This workshop is hosted by one of the career coaches from TU/e Career Academy.

TU/e Career Academy is the go-to place within TU/e for all your career support. A variety of activities are offered, all for free when you are a TU/e student. Not only do we check your application tools like your CV, cover letter and LinkedIn profile, but we also organize lots of career workshops all year round. For more personal and individual support, you can also book a coaching session with one of the career coaches, either on campus or offline.

At TU/e Career Academy, we support every TU/e student in writing their professional career story, starting in the Bachelor up until 6 months after graduation.

Workshop

UNDERSTANDING THE PATTERNS THAT DRIVE YOU

Have you ever found yourself saying “yes” when you really wanted to say “no”? Or spending hours perfecting something that was already good enough? Maybe you hold back in meetings, waiting for the perfect moment to speak, only to watch someone else say exactly what you were thinking.

We all have patterns like these. They show up in how we study, work, communicate, and deal with pressure. The frustrating part? Most of the time, we don’t even realize they’re running the show until we’re thinking: “Shit... this is what I always do!”

In this workshop, you’ll discover the unconscious patterns that drive your behavior and the ones that hold you back. Using insights from Transactional Analysis, you’ll explore your personal drivers, understand where they come from, and recognize how they show up in communication, teamwork, and decision-making. You’ll leave with greater self-awareness, fewer automatic reactions, and more freedom to make choices that truly work for you

Trainer XCDES

At XCDES, we believe that true growth begins with the right guidance. Our team members are experts who lead the workshops, combining their passion for personal development with years of coaching and training experience.

Together, they help young professionals unlock their full potential through engaging, fun, and transformative sessions. Their global perspective and deep insights ensure that the workshops are not only inspiring but also directly applicable to your professional life. Join XCDES workshops and take the next step towards a successful future with the support and expertise of our dynamic trainers!



English



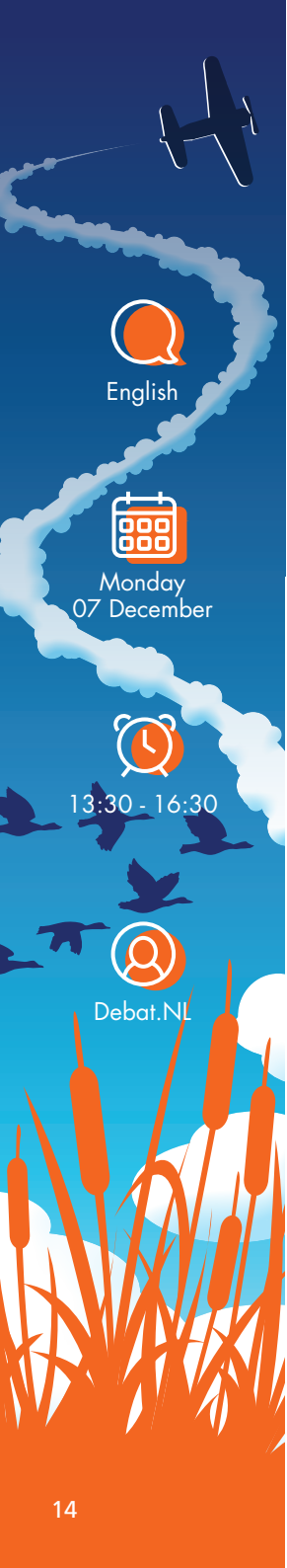
Monday
07 December



13:30 - 16:30



XCDES



Workshop

SPEECH LIKE OBAMA

Within Eindhoven University of Technology, students develop a strong command of their subject. The next step is being able to make other people enthusiastic about their ideas.

Great speakers such as John F. Kennedy, Martin Luther King and Barack Obama demonstrate how a message can become memorable, inspiring and persuasive. During this workshop, students experience what makes an audience want to listen. They discover how to turn their own ideas into a story that captures attention and creates impact. They have the opportunity to practise their new skills immediately and experience the difference in front of an audience of fellow students at the Skill Sessions.

Together, we will explore questions such as:

- How do you make people curious from your very first sentence?
- What makes an audience remember your message afterwards?
- How do you turn a good idea into an inspiring story?
- How can you make important moments in your speech stand out?
- What makes people want to keep listening until your final sentence?

At the end of the workshop, students leave with their own powerful speech and ideas they can immediately use in presentations, pitches and their future careers.

Trainer
Debat.NL

Since 1998, Debat.NL has been helping professionals and students strengthen their persuasive communication, presentation and debating skills.

In the education and training sector, we work for organisations such as the Rotterdam School of Management, Business School Nederland, Direction, PBLQ, Loof and Nyenrode Business Universiteit, as well as various other universities, universities of applied sciences and vocational education institutions.

MEANINGFUL LEADERSHIP

Whether you have a leading position or not, we all encounter situations in which our leadership is desired. In order to lead effectively, it is important to investigate who we really are in complex and challenging situations.

In this leadership workshop, we use your authentic set of skills and personal life experiences as a starting point for a genuine and meaningful type of leadership. By researching and making your leadership style more concrete, we ultimately investigate what kind of leader you can and want to be.

Trainer

Meaningful Work

Erik graduated with his MSc in Mechanical Engineering from Eindhoven University of Technology and started a promising career in industry, but somehow it never felt right. After spending years searching for alternative career options, he decided to pack up and travel the world to find answers.

He realized the idea of work should be to contribute something more meaningful than simply making money. When he found he was not the only one struggling with this, he founded Meaningful Work to help people and organizations change the way we think about our careers.



English



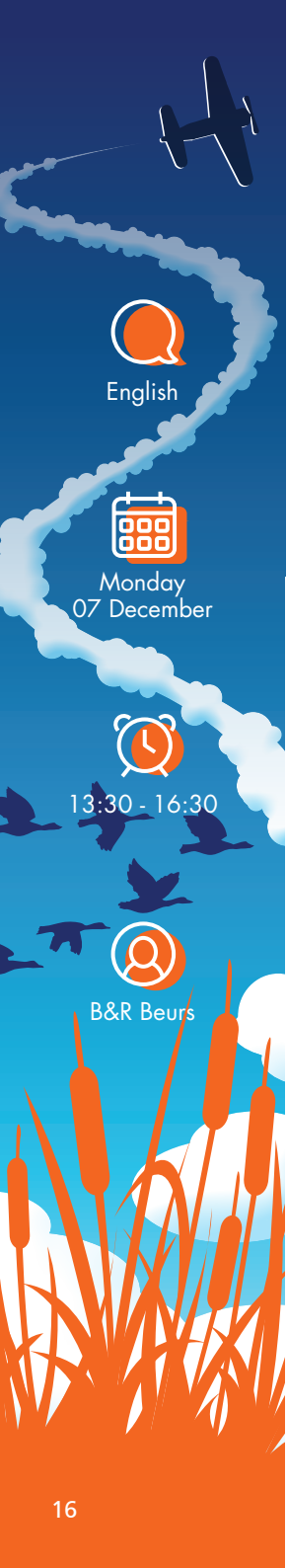
Monday
07 December



13:30 - 16:30



Meaningful Work



Workshop

INVESTING FOR BEGINNERS

During the Investing for Beginners workshop you will learn all the basics to get started with investing.

After following the workshop you will not only know what investing is and why you should do it, you will also know how to pick and analyze your first stocks!

Trainer
B&R Beurs

Interested in investing? Then B&R Beurs Eindhoven is the right place to be! During our workshops, you will get to know what to invest in – stocks, ETFs, derivatives; how to invest; and determining when to invest based on the Fundamental analysis of both, the economy, and the analysis of the company itself.

The workshops will be interactive, which means that you will not only passively listen, but also actively discuss your thoughts with others. Lastly, we will give a sneak peek into B&R, as we not only invest together but also have weekly activities, both career and leisure oriented.

Workshop

ENVISION YOUR FUTURE

Fast-forward a couple of years: What will make you feel inspired about the path you're on, and which possible directions will give you energy? How can you turn this all into reality?

In this workshop, we'll look at what inspired you in the past, what excites you right now, and combine that to envision your dreams for the future. For this whole process, you can count on the guidance of TINT's life coach, Margit van Tuijl. Together, we dive into your future with hands-on exercises. You will also get the chance to share ideas and get inspiration from each other.

Join this workshop to take the next steps into your future!

Trainer
TINT

At TINT, you can explore and develop your mental well-being, personal growth, and life questions. TINT supports you in reflecting on who you are and what you want in life.

There are no memberships, so you can join any activity you like, such as workshops on dealing with stress, events to improve your social life, and many more.

More info: www.tint-eindhoven.nl or [@tint_eindhoven](https://www.instagram.com/tint_eindhoven) (insta)



English



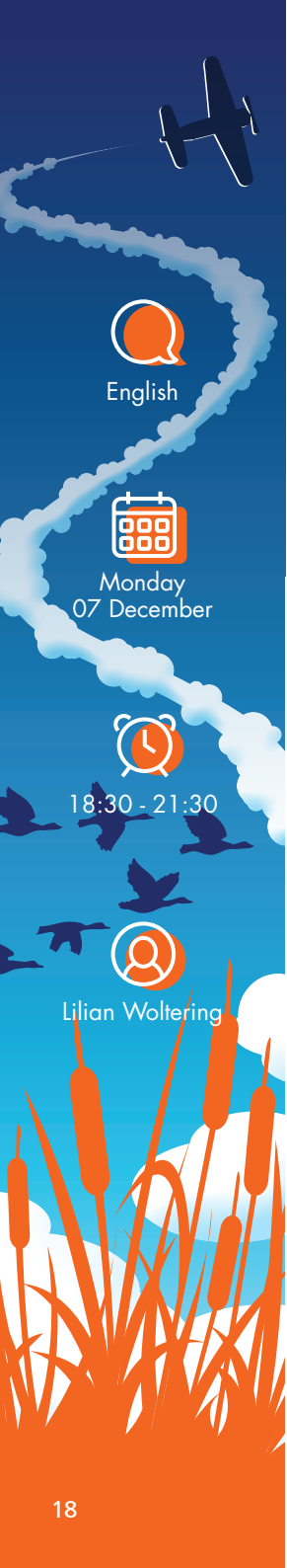
Monday
07 December



13:30 - 16:30



TINT



Workshop

ETIQUETTE DINNER

Find out how to properly dine during our Etiquette dinner. During this dinner, etiquette expert Lilian Woltering will explain about the background of table manners.

Topics such as the role of the host/hostess, menu selection, wine tasting, table setting, toasting and speeches, tableware, posture and conversation will be discussed in an informal manner. With examples and anecdotes, insight will be provided and participants will become more aware of the effect of good hospitality. Office situations may also be discussed, such as reception, e-mail, telephone and clothing etiquette.

Trainer

Lilian Woltering

Lilian Woltering is a business etiquette trainer. Under the name Woltering Consultancy, she has been organizing training courses and workshops in the field of business etiquette and manners for many years now.

Before that, she was a senior account manager at Nashuatec and sales manager for the musicals of Joop van den Ende Theater producties. More information about Lilian at www.omgangsvormen.com.

If you have any special dietary requirements or other questions or requests, we would like to hear from you.

Workshop

DISCOVER THE CHARISMA WITHIN YOU

Knowledge and expertise are important, but people also respond to the person delivering the message.

Students at Eindhoven University of Technology want to present themselves with confidence while remaining authentic. Their presence can make an important difference during a presentation, job interview, meeting or pitch. In this highly interactive workshop, students experience how others perceive them and discover how they can strengthen their personal presence. They learn to present themselves with greater confidence and make their message more convincing without becoming someone they are not. This makes charisma a practical skill for students participating in the Wervingsdagen Skill Sessions.

Together, we explore questions such as:

- What do other people notice before you have even started speaking?
- How can you project confidence while remaining yourself?
- What makes some speakers naturally attract attention?
- How do you create a genuine connection with an audience?
- Which small changes can have a surprisingly large effect on your presence?

After this workshop, students know how to consciously strengthen their personal presence in presentations, interviews and professional conversations.

Trainer
Debat.NL

Since 1998, Debat.NL has been helping professionals and students strengthen their persuasive communication, presentation and debating skills.

In the education and training sector, we work for organisations such as the Rotterdam School of Management, Business School Nederland, Direction, PBLQ, Loof and Nyenrode Business Universiteit, as well as various other universities, universities of applied sciences and vocational education institutions.



English



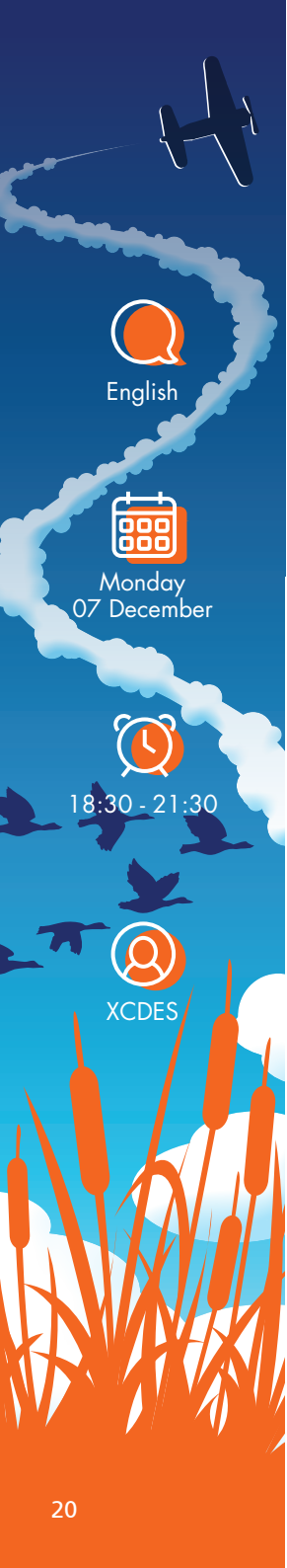
Monday
07 December



18:30 - 21:30



Debat.NL



Workshop

SMALL TALK SURVIVAL: FROM AWKWARD TO EFFORTLESS

Have you ever pretended to be on your phone to avoid an awkward interaction? Found yourself stuck in yet another boring “So, what do you study?” conversation at a networking event? Or spotted someone you’d love to talk to, only to have absolutely no idea how to start? You’re not alone. For many people, small talk feels like anything but small.

In this practical and fun workshop, you’ll learn how to start conversations with confidence, keep them interesting, and end them gracefully when it’s time to move on. You’ll discover simple icebreakers, useful questions, and techniques for turning awkward silences into genuine connections. Whether you’re networking, attending social events, meeting new classmates, or striking up a conversation with someone you’d like to get to know better, this workshop will help you make small talk feel natural instead of painful. The results: More confidence, better conversations, and fewer moments of pretending to check your phone

Trainer
XCDES

At XCDES, we believe that true growth begins with the right guidance. Our team members are experts who lead the workshops, combining their passion for personal development with years of coaching and training experience.

Together, they help young professionals unlock their full potential through engaging, fun, and transformative sessions. Their global perspective and deep insights ensure that the workshops are not only inspiring but also directly applicable to your professional life. Join XCDES workshops and take the next step towards a successful future with the support and expertise of our dynamic trainers!

LATEX TRAINING BEGINNER

Many text editors are “what you see is what you get” editors. These editors enable its users to manipulate both the content and layout of a document in a form that resembles its appearance when printed or displayed. While this has many benefits, getting the design or layout of a document to an acceptable level is often time-consuming and takes away from writing the content of the document.

LaTeX is a system that abstracts from document design by letting the author write the content of a document and relieve the task of design and layout to an external typesetting program. This way, the author can completely focus on the contents of a document and does not have to spend any time on its design.

However, LaTeX can do much more than layout and design generation. It is a complete programming language that allows you to implement many quality-of-life features that make it possible for you to efficiently generate complex documents.

In the beginner course, the basics of LaTeX will be explained. You will be introduced to the programming language of LaTeX and generate your first document. To partake in the training, no previous experience, knowledge, or software is required.

Trainer Gijs de Man

Gijs is a TU/e Master Computer Science and Engineering graduate.

When using LaTeX during his studies, his interest in this program peaked, and he decided to learn many of the obscure details about this fascinating typesetting system.



English



Monday
07 December



18:30 - 21:30



Gijs de Man

08
Take Your Career To New Heights
Tuesday
December



AI FUNDAMENTALS

AI is developing at an incredible pace and is rapidly changing the way we study and work. Yet many people still only use a small part of what today's AI tools can actually do.

In this training, you will learn the fundamentals of AI, how to use ChatGPT more effectively as a complete tool, and explore practical AI applications that can improve your daily work or studies.

Through interactive exercises, you will practice how to give AI better instructions, improve and validate its output, and make use of relevant ChatGPT features beyond basic prompting. You will also explore different AI tools and use cases, experiment with one yourself, and think about how you can continue developing your AI skills.

In the training, you will learn more about how AI works, how to use it more efficiently (including prompting and features that go beyond 'just chatting'), and what AI tools are available to you to use during your work and studies.

Requirements:

- A free ChatGPT account is sufficient for the workshop; a paid subscription can also be used

Trainer

Meaningful Work

Erik graduated with his MSc in Mechanical Engineering from Eindhoven University of Technology and started a promising career in industry, but somehow it never felt right. After spending years searching for alternative career options, he decided to pack up and travel the world to find answers.

He realized the idea of work should be to contribute something more meaningful than simply making money. When he found he was not the only one struggling with this, he founded Meaningful Work to help people and organizations change the way we think about our careers.



English



Tuesday
08 December



09:00 - 12:00



Meaningful Work

EXCEL ADVANCED

Want to use Excel's advanced and time-saving features? During the Excel advanced training you will learn how to properly apply these functions.

The purpose of the advanced functions is to clarify and present complex information in a convenient way.

Example functions you will encounter in this workshop are:

- Graphs and pivot tables make it possible to present clear analyses.
- Database functions make it possible to quickly search and filter tables.
- With subtotals, you can view figures on multiple levels and quickly switch from detail to subtotal to global level.

It is recommended to download and install Excel before the workshop so that you can participate in the demonstration and exercises during the workshop. After the workshop, the presentation of the trainer will be made available digitally.

Trainer LearnIT

For over 25 years, LearnIT has helped individuals discover their potential through practical training and coaching. Technology moves fast, and standing out in today's digital world requires real, usable IT skills rather than just the basics.

Our interactive workshops and inspiration sessions are designed to give you a sharp head start, covering everything from data analytics to modern digital tools. Driven by our core belief of learning by doing, we focus on hands-on practice instead of endless theory. We keep things straightforward and focus directly on future-ready tech skills and fresh insights you can apply immediately. When you truly master the technology you use every day, you work with more confidence, sharpen your career edge, and reach goals that once felt out of reach.

Workshop

PRACTICE POWERFUL PRESENTING

TU/e

CAREER
ACADEMY

Learning objectives: learn how to present yourself and your ideas in a manner that makes your speech stick with the audience.

Join this highly interactive workshop designed to help you present your ideas in a crystal-clear, powerful, and thoroughly convincing manner. Public speaking is about more than just slides. In this dynamic session, you will dive deep into the core elements that truly determine how you and your message are perceived. Together, we will explore The Power of Body Language: mastering non-verbal cues to project absolute confidence, and Content Management: structuring the content of your presentation so it sticks with your audience. This is not a passive workshop. This session is fully interactive, meaning you will step into the spotlight yourself. You will have the opportunity to practice new techniques on the spot, deliver mini-presentations, and receive valuable, constructive feedback in a supportive environment. Don't miss this chance to boost your confidence, sharpen your communication skills, and unlock your full potential as a speaker.

Trainer

TU/e Career Academy

This workshop is hosted by one of the career coaches from TU/e Career Academy.

TU/e Career Academy is the go-to place within TU/e for all your career support. A variety of activities are offered, all for free when you are a TU/e student. Not only do we check your application tools like your CV, cover letter and LinkedIn profile, but we also organize lots of career workshops all year round. For more personal and individual support, you can also book a coaching session with one of the career coaches, either on campus or offline.

At TU/e Career Academy, we support every TU/e student in writing their professional career story, starting in the Bachelor up until 6 months after graduation.



English



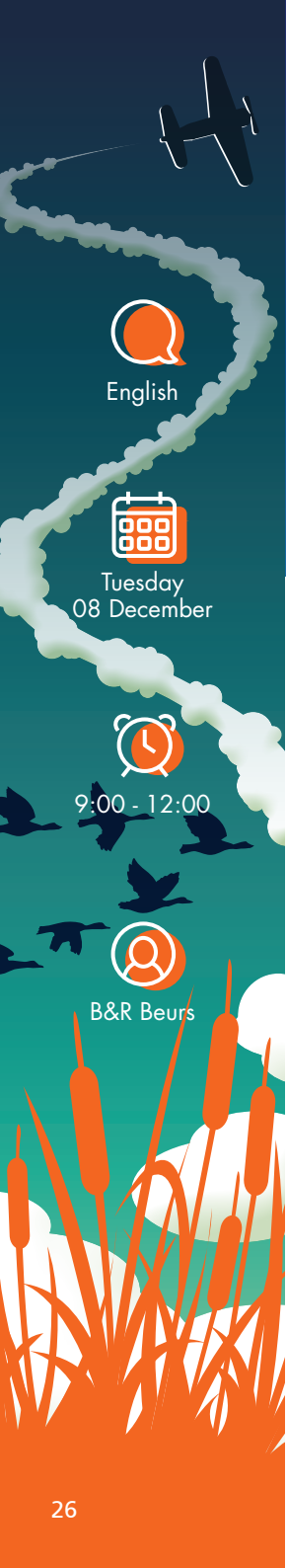
Tuesday
08 December



09:00 - 12:00



TU/e
Career Academy

A vertical graphic on the left side of the page. At the top, a black airplane flies against a dark blue sky, leaving a white, swirling smoke trail that curves down the page. Along this trail are several icons: an orange speech bubble with a white 'Q', an orange calendar icon, an orange alarm clock, and an orange circle with a white person icon. Below each icon is text: 'English', 'Tuesday 08 December', '9:00 - 12:00', and 'B&R Beurs'. At the bottom of the graphic, there are orange reeds and a white cloud.

Workshop

ADVANCED INVESTING

Come to our Advanced Investing workshop where we will provide you with more advanced tools and strategies to enter the market and teach you how to analyze company value as well as economies as whole.

You will also get a peek into financial products such as options and in the end put it all into practice in a simulated investing case study.

Trainer
B&R Beurs

Interested in investing? Then B&R Beurs Eindhoven is the right place to be! During our workshops, you will get to know what to invest in – stocks, ETFs, derivatives; how to invest; and determining when to invest based on the Fundamental analysis of both, the economy, and the analysis of the company itself.

The workshops will be interactive, which means that you will not only passively listen, but also actively discuss your thoughts with others. Lastly, we will give a sneak peek into B&R, as we not only invest together but also have weekly activities, both career and leisure oriented.

Workshop

COLLECTIVE INTELLIGENCE: THE POWER OF DIFFERENT MINDS

Collective intelligence: the power of different minds. Why is it that one group effortlessly comes up with clever solutions, whilst another gets bogged down in discussion?

In this interactive lecture, Saskia Schepers explains why cognitive differences are the key building blocks of collective intelligence and how you can harness those differences to achieve better decision-making, smarter solutions and greater innovation. Particularly at a time when AI is playing an ever-greater role, the ability to effectively combine different perspectives, ways of thinking and talents is more important than ever. For students, this is directly applicable: in project groups, whilst studying, and later on in the job market. What does studying demand of a brain that works differently? How do you get the best out of a group where everyone thinks differently? And how do you use your own thinking style as a strength rather than hiding it? Expect an energetic session full of relatable moments, science and insights that you can put into practice as early as tomorrow.

Trainer

Saskia Schepers

Saskia Schepers is a leading voice in the fields of leadership, collective intelligence, and neurodiversity. As a speaker, advisor, and author, she helps organizations look at cognitive differences differently and better leverage their value.

With a background in organizational science and over 25 years of experience in HR and leadership, she speaks the language flawlessly to embed the subject within organizations, in both policy and implementation. With her bestsellers *When All Brains Work* (>20,000) and *When All Brains Learn* (>10,000), she put the topic of neurodiversity on the map in the Netherlands, in both the business world and education. In an accessible style, she manages to touch readers with sharp observations and refreshing perspectives.



English



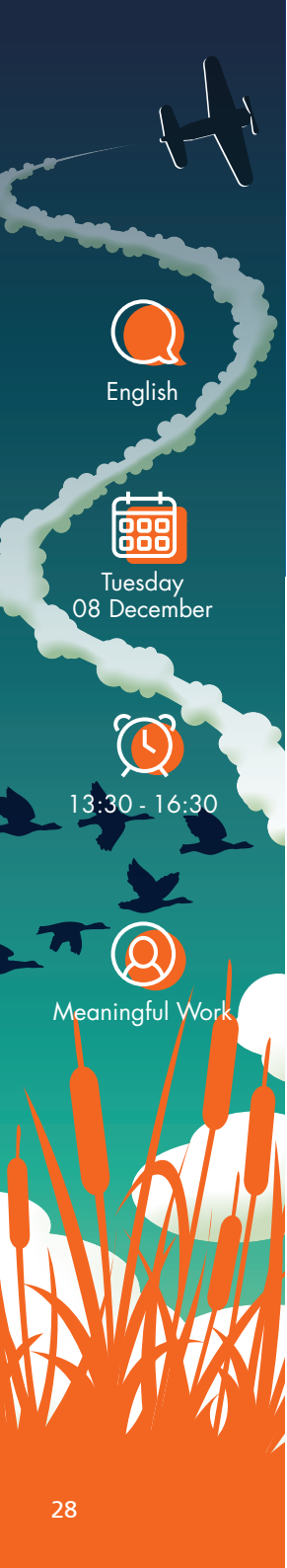
Tuesday
08 December



9:00 - 12:00



Saskia Schepers

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Workshop

IKIGAI: FIND OUT WHAT REALLY MOTIVATES YOU

Are you at the beginning of your career, and are you still discovering what kind of career you want to have? Would you like to find out what motivates you and gain a guideline to base your current and future career decisions on?

Then this workshop is for you! In the Ikigai workshop provided by Meaningful Work, you will learn how the Ikigai philosophy and its corresponding motivation model can be used to guide you towards a truly satisfying career!

Ikigai is a Japanese concept that means 'a reason for being', a reason to get up in the morning. In the workshop, you will learn about the history and application of the Ikigai model and carry out personal and interactive group exercises to learn how to use Ikigai to direction your career.

Trainer Meaningful Work

Erik graduated with his MSc in Mechanical Engineering from Eindhoven University of Technology and started a promising career in industry, but somehow it never felt right. After spending years searching for alternative career options, he decided to pack up and travel the world to find answers.

He realized the idea of work should be to contribute something more meaningful than simply making money. When he found he was not the only one struggling with this, he founded Meaningful Work to help people and organizations change the way we think about our careers.

Workshop

GEN Z IN THE LABOUR MARKET: WHO'S ADAPTING TO WHOM?

Employers complain that Gen Z “wants too much” and is “hard to retain.” Gen Z complains that employers are stuck in outdated structures with no room for flexibility or growth. Both are a little bit right and both are missing a part of the picture.

This training is about expectation management from both sides. We take a look at what employers are actually searching for (spoiler: it's not always what LinkedIn tells you), how to grow from technical talent into a strong candidate, and why perfectionism — that urge to have everything 100% right before you dare to show it — is more often a blocker than a strength. You'll leave this session with a more realistic and more confident view of your place in the labour market.

Trainer XCDES

At XCDES, we believe that true growth begins with the right guidance. Our team members are experts who lead the workshops, combining their passion for personal development with years of coaching and training experience.

Together, they help young professionals unlock their full potential through engaging, fun, and transformative sessions. Their global perspective and deep insights ensure that the workshops are not only inspiring but also directly applicable to your professional life. Join XCDES workshops and take the next step towards a successful future with the support and expertise of our dynamic trainers!



English



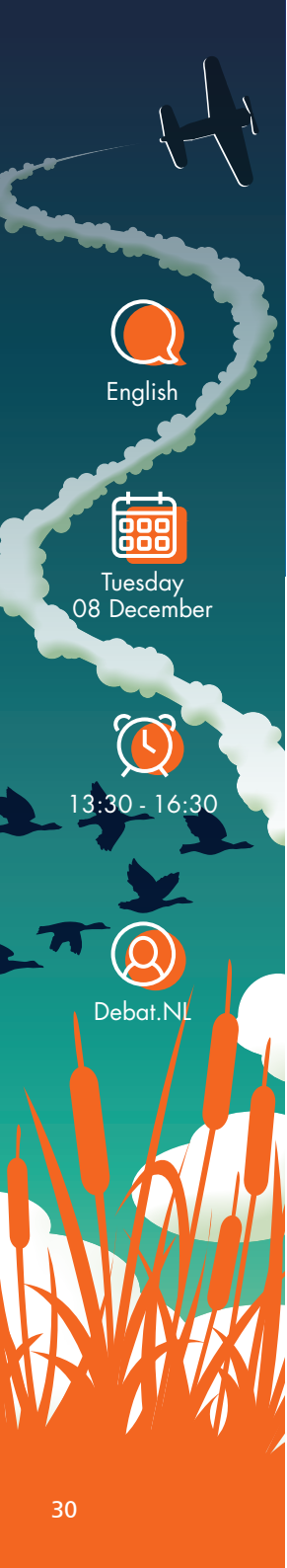
Tuesday
08 December



13:30 - 16:30



XCDES



Workshop

PERSUASIVE DEBATING

A good debate is more than defending your own opinion: it is about listening, responding, challenging ideas and convincing an audience when the pressure is on. In Persuasive Debating, participants do not simply learn about debating: they debate.

They experience how to build a convincing case, listen critically, respond under pressure and defend their position when challenged. With active exercises, debates and personal feedback, students discover how much influence they can have in a discussion.

Together, we explore questions such as:

- What separates an opinion from an argument that genuinely convinces?
- How do you make your strongest point impossible to overlook?
- What do you do when your opponent finds the weak spot in your argument?
- How can you challenge another speaker without losing the audience?
- How do you turn disagreement into a lively and persuasive debate?

We finish by putting the students' skills into practice in a real debate, so they leave the event ready to make their voice count in their studies and future careers.

Trainer
Debat.NL

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In the education and training sector, we work for organisations such as the Rotterdam School of Management, Business School Nederland, Direction, PBLQ, Loof and Nyenrode Business Universiteit, as well as various other universities, universities of applied sciences and vocational education institutions.

PHOTOSHOP BASICS

Photoshop is a powerful tool used to edit images and videos. Whether you want to create a work of art, posters or a design for your website, Photoshop is the way to go. The program is used in a lot of different sectors. Being able to use this program is an excellent addition to your skillset, as this may also give benefits in your future career.

In this workshop, you will get familiar with the basics of Photoshop. The workshop includes acquainting yourself with workspaces, selecting colours and toolkits. Also, a start on photo editing is made by learning how to alter a photo, quickly selecting individual parts and also creating layers. On top of that, tools to correct photos will be provided, like removing red eyes and adding contrast. In short, a great start to get yourself more familiar with this versatile software and an excellent skill to add to your CV.

Trainer LearnIT

For over 25 years, LearnIT has helped individuals discover their potential through practical training and coaching. Technology moves fast, and standing out in today's digital world requires real, usable IT skills rather than just the basics.

Our interactive workshops and inspiration sessions are designed to give you a sharp head start, covering everything from data analytics to modern digital tools. Driven by our core belief of learning by doing, we focus on hands-on practice instead of endless theory. We keep things straightforward and focus directly on future-ready tech skills and fresh insights you can apply immediately. When you truly master the technology you use every day, you work with more confidence, sharpen your career edge, and reach goals that once felt out of reach.



English



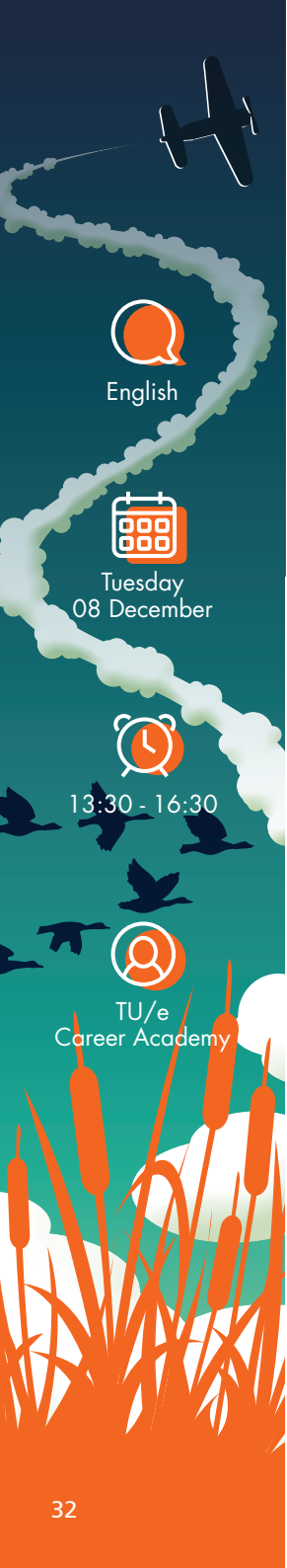
Tuesday
08 December



13:30 - 16:30



LearnIT

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Workshop

STUDY CRAFTING



Learning objectives: Learn to become more engaged and motivated during your studies, eventually leading to better study performance and an active study attitude.

Ready to hack your study success and bring some real energy back into your student life? This workshop is all about helping you find your spark, build a proactive attitude, and take charge of your own academic journey. You will walk away with practical tools to boost your focus, stay motivated, and build habits that support better study performance. It's time to step up as the director of your own development path. In this energetic session, we will map out what truly drives you and what holds you back. Together, we will dive into (1) your energy vs. stress, (2) your well-being and (3) your study performance. Through interactive exercises, you will set realistic goals that fit your study life and design a concrete action plan to achieve your study goals.

Trainer

TU/e Career Academy

This workshop is hosted by one of the career coaches from TU/e Career Academy.

TU/e Career Academy is the go-to place within TU/e for all your career support. A variety of activities are offered, all for free when you are a TU/e student. Not only do we check your application tools like your CV, cover letter and LinkedIn profile, but we also organize lots of career workshops all year round. For more personal and individual support, you can also book a coaching session with one of the career coaches, either on campus or offline.

At TU/e Career Academy, we support every TU/e student in writing their professional career story, starting in the Bachelor up until 6 months after graduation.

Workshop

APPLYING WITH AI

TU/e
CAREER
ACADEMY

Learning objectives: Understand how AI is transforming recruitment, learn how you can use it effectively throughout your job search, discover how to combine AI with your own experiences, strengths, and ambitions to build an authentic and compelling professional profile.

AI is changing the way you search for internships, graduate projects, and your first job. You can use AI to improve your CV, cover letters, LinkedIn profile and interview preparation, while recruiters are increasingly using AI to screen candidates too. So how do you stand out when everyone has access to the same tools? In this interactive workshop, you'll discover how AI is reshaping recruitment, learn practical ways to use AI to your advantage and explore how to stay authentic, credible, and memorable as a future employee.

Trainer
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English



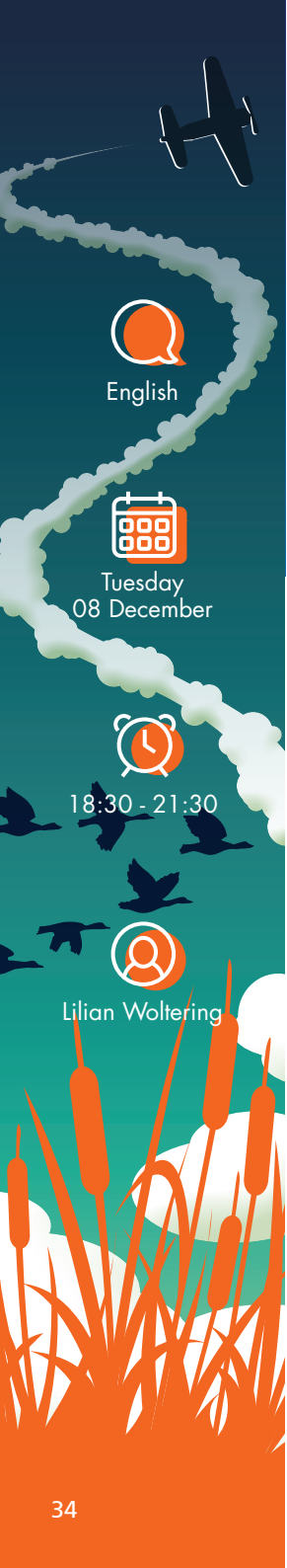
Tuesday
08 December



13:30 - 16:30



TU/e
Career Academy



Workshop

ETIQUETTE DINNER

Find out how to properly dine during our Etiquette dinner. During this dinner, etiquette expert Lilian Woltering will explain about the background of table manners.

Topics such as the role of the host/hostess, menu selection, wine tasting, table setting, toasting and speeches, tableware, posture and conversation will be discussed in an informal manner. With examples and anecdotes, insight will be provided and participants will become more aware of the effect of good hospitality. Office situations may also be discussed, such as reception, e-mail, telephone and clothing etiquette.

Trainer

Lilian Woltering

Lilian Woltering is a business etiquette trainer. Under the name Woltering Consultancy, she has been organizing training courses and workshops in the field of business etiquette and manners for many years now.

Before that, she was a senior account manager at Nashuatec and sales manager for the musicals of Joop van den Ende Theater producties. More information about Lilian at www.omgangsvormen.com.

If you have any special dietary requirements or other questions or requests, we would like to hear from you.

Workshop

GETTING THINGS DONE RELOADED: SMARTER ORGANISING

You have a sharp mind, and a to-do list that keeps growing anyway. Smarter Organising is the evolution of the GTD workshop you may know from previous years: the same proven foundation, now combined with a method to build productive habits that actually stick.

In this 3-hour workshop you learn a system to capture, clarify and organize everything competing for your attention, and, just as importantly, how to build the daily habits that keep that system alive long after the workshop ends.

Turn chaos into control, build habits that stick, align focus and actions. In short: study smarter, stress less!

Trainer

Erik Heijnen

Many years ago, I became acquainted with GTD and experienced firsthand what it did for my work and my life: more overview, more calm, more room for what matters.

Over the years I combined it with insights from habit science, so the system doesn't just work on paper, but sticks in daily practice. As a certified GTD trainer and Mental Mindset Expert, I apply these principles every day, and it's my mission to help students discover that same rest, focus and energy, in their studies and beyond.



English



Tuesday
08 December



18:30 - 21:30



Erik Heijnen



Workshop

FAILURE WITH CHARISMA

You scroll through social media and it looks like everyone else has life figured out. Perfect grades, impressive internships, exciting opportunities. Meanwhile, you're worried about making mistakes, failing an exam, or not meeting your own expectations.

So you work harder, prepare longer, and refrain from taking risks. Not because you're incapable, but because failing feels like proof that you're not good enough.

This workshop turns failure on its head. Instead of seeing mistakes as something to avoid, you'll learn how they're an essential part of learning, growth, and long-term success. Through interactive exercises and relatable examples, we'll explore the difference between a fixed mindset and a growth mindset, why failure feels so uncomfortable, and how successful people use setbacks as fuel for improvement. You'll leave with practical tools to take more risks, learn faster, and build confidence—even when things don't go according to plan.

Trainer
XCDES

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Together, they help young professionals unlock their full potential through engaging, fun, and transformative sessions. Their global perspective and deep insights ensure that the workshops are not only inspiring but also directly applicable to your professional life. Join XCDES workshops and take the next step towards a successful future with the support and expertise of our dynamic trainers!

Workshop

HOW TO CATCH A RAT?

A lively discussion becomes particularly interesting when arguments collide. Students encounter strong opinions, resistance and surprising reasoning throughout university life and later in their professional careers. Recognising what is happening in such a discussion gives them the confidence to keep the conversation both sharp and constructive.

During How to catch a rat?, students discover the fascinating world of false arguments, hidden agendas and misleading reasoning. They experience how to stay calm, recognise what is happening and bring a discussion back to what really matters. This creates a challenging and entertaining workshop with direct relevance to study, work and everyday discussions.

By the end of the workshop, students know how to stand their ground while keeping even challenging discussions constructive.

Trainer
Debat.NL

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English



Tuesday
08 December



18:30 - 21:30



Debat.NL

Workshop

TU/e

CAREER
ACADEMY

LINKEDIN & NETWORKING

Learning objectives: Learning to create an effective and professional LinkedIn profile and how to use this to expand, and maintain, your network.

During this workshop, you will become more aware of how to use LinkedIn to present yourself as a professional and create/maintain your network. The general dos and don'ts of (online) networking are discussed, and attention will be paid to using social media (especially LinkedIn) to present yourself professionally and navigate the job market effortlessly.

Bring your laptop to this session, so you can work on your LinkedIn profile on the spot!

Trainer

TU/e Career Academy

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TU/e Career Academy is the go-to place within TU/e for all your career support. A variety of activities are offered, all for free when you are a TU/e student. Not only do we check your application tools like your CV, cover letter and LinkedIn profile, but we also organize lots of career workshops all year round. For more personal and individual support, you can also book a coaching session with one of the career coaches, either on campus or offline.

At TU/e Career Academy, we support every TU/e student in writing their professional career story, starting in the Bachelor up until 6 months after graduation.



English



Tuesday
08 December



18:30 - 21:30



TU/e
Career Academy



Workshop

AI WEB APP DEVELOPMENT



English



Wednesday
09 December



09:00 - 12:00



Meaningful Work

Building your own website or web application used to require programming skills or the help of a developer. With modern AI tools, this is rapidly changing. Claude Code is one of the leading tools for turning ideas into high quality web applications, allowing you to create the technical implementation using natural language.

In this hands-on training, you will build your own web application step by step. You will learn how to turn an idea into a working concept and use Claude Code to develop it into a functioning web application.

In the AI Web App Development training you will learn:

- How AI is changing the way websites and web applications are developed
- How to use Claude Code to build your own web application
- How to go from a first idea to a working web application step by step

Requirements:

- No prior coding knowledge is required
- Participants need access to a Claude Pro plan or higher during the workshop

Trainer

Meaningful Work

Erik graduated with his MSc in Mechanical Engineering from Eindhoven University of Technology and started a promising career in industry, but somehow it never felt right. After spending years searching for alternative career options, he decided to pack up and travel the world to find answers.

He realized the idea of work should be to contribute something more meaningful than simply making money. When he found he was not the only one struggling with this, he founded Meaningful Work to help people and organizations change the way we think about our careers.

EXCEL ADVANCED

Want to use Excel's advanced and time-saving features? During the Excel advanced training you will learn how to properly apply these functions.

The purpose of the advanced functions is to clarify and present complex information in a convenient way.

Example functions you will encounter in this workshop are:

- Graphs and pivot tables make it possible to present clear analyses.
- Database functions make it possible to quickly search and filter tables.
- With subtotals, you can view figures on multiple levels and quickly switch from detail to subtotal to global level.

It is recommended to download and install Excel before the workshop so that you can participate in the demonstration and exercises during the workshop. After the workshop, the presentation of the trainer will be made available digitally.

Trainer
LearnIT

For over 25 years, LearnIT has helped individuals discover their potential through practical training and coaching. Technology moves fast, and standing out in today's digital world requires real, usable IT skills rather than just the basics.

Our interactive workshops and inspiration sessions are designed to give you a sharp head start, covering everything from data analytics to modern digital tools. Driven by our core belief of learning by doing, we focus on hands-on practice instead of endless theory. We keep things straightforward and focus directly on future-ready tech skills and fresh insights you can apply immediately. When you truly master the technology you use every day, you work with more confidence, sharpen your career edge, and reach goals that once felt out of reach.



English



Wednesday
09 December



09:00 - 12:00



LearnIT

Workshop

BUILD YOUR PERSONAL SWOT WITH LEGO SERIOUS PLAY



English



Wednesday
09 December



09:00 - 12:00



Donatus

Goal: gain a new perspective on your opportunities, threats, and more towards your personal development.

When was the last time you built with LEGOs? What if we tell you that LEGO Serious Play (LSP) is more than building? We offer you a special opportunity to experience the LSP method with trained facilitators. Get your hands on the bricks and build your personal SWOT analysis. Get new and refreshed insights on what opportunities are ahead of you and what could cause a threat to the development of your talents. Join us for the most interactive workshop, where you build your own results, and remember: you can never build anything wrong!

Trainer

Donatus

Donatus is a foundation that supports and encourages neurodivergent and/or gifted students within the education system. We do this in many different ways.

Coaching: We have mentors who can support you with any questions you might have (for free!) or offer guidance depending on your needs. At Donatus, we offer both: peer-to-peer and professional support. Alongside coaching sessions, we give many workshops, either for companies and educational organisations looking to be more inclusive, or for students who want to focus on personal or professional growth.

Collaboration: With many partners, we organize a wide range of events, activities, and projects to scale our impact. Think about partners such as ASML, Rabobank, Gemeente Eindhoven, WAVE, and many more.

Community: Most importantly for you, the students, we have an amazing community where everyone is welcome to be who they are. Find us on our socials and podcast, through our WhatsApp Community, or by joining Donatus Eindhoven. You can even come up with your own ideas for activities and start a bottom-up initiative.

Workshop

CONTRACT NEGOTIATIONS

TU/e

CAREER
ACADEMY

Learning objectives: Knowing how to negotiate on your (first) contract and salary. Learning which aspects to consider when signing your labor contract.

Congratulations, you have found a job! Your employer has invited you for a meeting to discuss the job offer. What are the ins and outs of such a conversation? Do you immediately agree to the offer you receive? Does your contract include a notice period or competition clause? What does the pension scheme look like? And is your salary offer around the market rate? These are all questions that will be addressed during this workshop. You will obtain a better overview of all aspects of your labor contract in the Netherlands while improving your negotiation skills.

Trainer

TU/e Career Academy

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English



Wednesday
09 December



09:00 - 12:00



TU/e
Career Academy

Workshop

ADVANCED INVESTING

Come to our Advanced Investing workshop where we will provide you with more advanced tools and strategies to enter the market and teach you how to analyze company value as well as economies as whole.

You will also get a peek into financial products such as options and in the end put it all into practice in a simulated investing case study.

Trainer
B&R Beurs

Interested in investing? Then B&R Beurs Eindhoven is the right place to be! During our workshops, you will get to know what to invest in – stocks, ETFs, derivatives; how to invest; and determining when to invest based on the Fundamental analysis of both, the economy, and the analysis of the company itself.

The workshops will be interactive, which means that you will not only passively listen, but also actively discuss your thoughts with others. Lastly, we will give a sneak peek into B&R, as we not only invest together but also have weekly activities, both career and leisure oriented.



English



Wednesday
09 December



09:00 - 12:00



B&R Beurs

AI AUTOMATION

AI is changing our world, and yet many of us are still only using ChatGPT as a friendly companion for weekly thoughts and talks. Meanwhile, AI developments are exploding, and automation possibilities have become available for anyone without a coding background.

With applications like N8N, it's possible to connect most of your (web) applications and let AI do things for you automatically: think of collecting information from different websites, summarising e-mails, sending reminders, updating spreadsheets, or even generating reports and replies – all without manual work. In this training, you'll learn how to build such automations step by step, so you can see how AI can actually take over repetitive tasks in your daily work or studies.

In this hands on AI Automation Training you will learn:

- What AI (automation) really is and how it's changing our world
- How to set up your own N8N environment and how to connect to your apps
- How to build your first automation

Requirements:

- No prior coding knowledge is required
- A Google account
- A bank card (for verification only, usage is free)

Trainer

Meaningful Work

Erik graduated with his MSc in Mechanical Engineering from Eindhoven University of Technology and started a promising career in industry, but somehow it never felt right. After spending years searching for alternative career options, he decided to pack up and travel the world to find answers.

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English



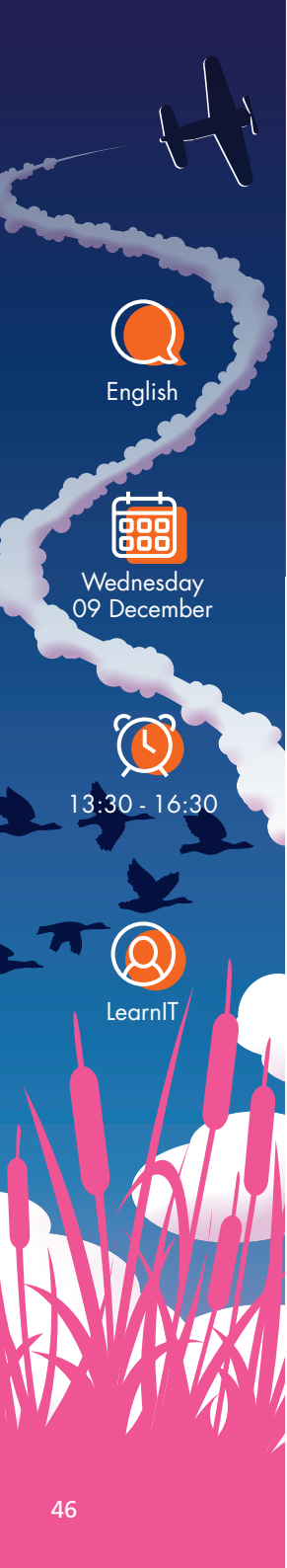
Wednesday
09 December



13:30 - 16:30



Meaningful Work



Workshop

PHOTOSHOP ADVANCED

Photoshop is a powerful tool used to edit images and videos. Whether you want to create a work of art, posters or a design for your website or edit photo's, Photoshop is the way to go.

In this workshop, you will get familiar with more advanced applications of Photoshop. In this workshop, the basics of Photoshop are discussed briefly but are assumed to be known. The advanced Photoshop workshop consists of several parts, including adding perspective to your design, typography, creating advanced compositions and also editing videos within the program. You will learn many shortcuts, and you'll become much more efficient in making content in this program. This workshop will be a great addition to your knowledge of this advanced software.

It is recommended to download and install the relevant Adobe program before the workshop so that you can participate in the demonstration and exercises during the workshop. After the workshop, the presentation of the trainer will be made available digitally.

Trainer
LearnIT

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Workshop

MINDFUL STUDYING

TU/e

CAREER
ACADEMY

Learning objectives: Get more insight into personal energy sources and stress factors, recognize symptoms of stress, get acquainted with the principles of mindfulness and profit from several time management tricks.

Busy. Tired. Stressed. Does any of these words apply to you? We thought so, that's why we created this Mindful Studying workshop. In this workshop, you will learn how to study in a way that boosts your energy and increases your mental health.

During this workshop we will tackle topics that will enable you to study more consciously and be more productive in a healthy way. We will help you get insight into your energy sources and stress factors to become more aware of how to deal with stress effectively. What mindfulness is and how it can help you to become more relaxed during your studies will also be part of the content of this workshop. The session will contain some mindfulness exercises and will also provide you with several concrete time-management tips.

Trainer

TU/e Career Academy

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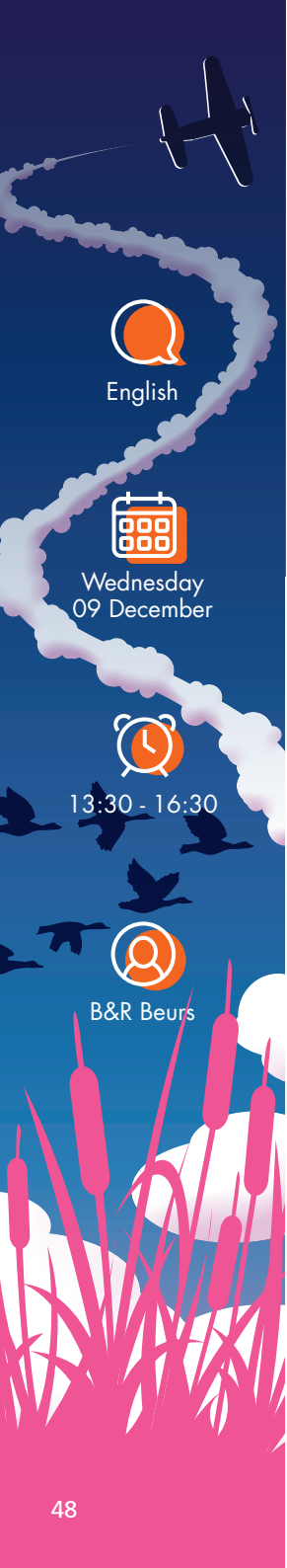
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09 December



13:30 - 16:30



TU/e
Career Academy



Workshop

INVESTING FOR BEGINNERS

During the Investing for Beginners workshop you will learn all the basics to get started with investing.

After following the workshop you will not only know what investing is and why you should do it, you will also know how to pick and analyze your first stocks!

Trainer
B&R Beurs

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Trainer

Lilian Woltering

Lilian Woltering is a business etiquette trainer. Under the name Woltering Consultancy, she has been organizing training courses and workshops in the field of business etiquette and manners for many years now.

Before that, she was a senior account manager at Nashuatec and sales manager for the musicals of Joop van den Ende Theater producties. More information about Lilian at www.omgangsvormen.com.

If you have any special dietary requirements or other questions or requests, we would like to hear from you.



English



Wednesday
09 December



18:30 - 21:30



Lilian Woltering

Workshop

CV & COVER LETTER

TU/e

CAREER
ACADEMY



English



Wednesday
09 December



18:30 - 21:30



TU/e
Career Academy

Learning objectives: Learn how to write a professional CV and cover letter to increase your chances of being invited for a job interview.

Once you know what you are good at and what it is you are looking for regarding your career, you will start looking for interesting jobs and opportunities. But how do you write a structured CV and a catchy cover letter? What information should be in these documents and what is best left out? How do you make sure that both documents match one another, and are there any alternatives that suit the current application trends? During this interactive workshop, we focus on these questions so you can clearly state your suitability and motivation for the position you are applying for. Participants will receive feedback on their documents and tips on how to further improve them.

Make sure you bring your CV and cover letter to benefit the most from this session.

Trainer

TU/e Career Academy

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LATEX TRAINING ADVANCED

Many text editors are “what you see is what you get” editors. These editors enable its users to manipulate both the content and layout of a document in a form that resembles its appearance when printed or displayed. While this has many benefits, getting the design or layout of a document to an acceptable level is often time-consuming and takes away from writing the content of the document.

LaTeX is a system that abstracts from document design by letting the author write the content of a document and relieve the task of design and layout to an external typesetting program. This way, the author can completely focus on the contents of a document and does not have to spend any time on its design.

However, LaTeX can do much more than layout and design generation. It is a complete programming language that allows you to implement many quality-of-life features that make it possible for you to efficiently generate complex documents.

In the advanced course, some quality-of-life features of LaTeX will be explained. You will get more acquainted with the “programming language” of LaTeX by making your own commands and layouts. To partake in the training, it is expected that you know how to make basic documents in LaTeX.

Trainer

Gijs de Man

Gijs is a TU/e Master Computer Science and Engineering graduate.

When using LaTeX during his studies, his interest in this program peaked, and he decided to learn many of the obscure details about this fascinating typesetting system.



English



Wednesday
09 December



18:30 - 21:30



Gijs de Man

10
TAKE YOUR CAREER TO NEW HEIGHTS
**Thursday
December**



Workshop

CONTRACT NEGOTIATIONS

TU/e

CAREER
ACADEMY

Learning objectives: Knowing how to negotiate on your (first) contract and salary. Learning which aspects to consider when signing your labor contract.

Congratulations, you have found a job! Your employer has invited you for a meeting to discuss the job offer. What are the ins and outs of such a conversation? Do you immediately agree to the offer you receive? Does your contract include a notice period or competition clause? What does the pension scheme look like? And is your salary offer around the market rate? These are all questions that will be addressed during this workshop. You will obtain a better overview of all aspects of your labor contract in the Netherlands while improving your negotiation skills.

Trainer

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English



Thursday
10 December



9:00 - 12:00



TU/e
Career Academy



Workshop

ASSERTIVE COMMUNICATION

Do you sometimes find it difficult to speak up, say no, set boundaries, or express your opinion — especially when you want to avoid conflict?

In this interactive workshop, you'll discover how to communicate more clearly and confidently, while still respecting the other person.

You will learn how to:

- Recognise your own communication and conflict style.
- Understand what may be holding you back from being more assertive.
- Express your needs, opinions and boundaries clearly.
- Use I-messages without blaming or becoming defensive.
- Listen actively and handle different perspectives with confidence.
- Approach difficult conversations step by step and work towards a solution.

You'll practise with realistic situations and leave with practical tools you can use straight away — in your studies, work and everyday life.

Trainer

Wendy Broeder

Wendy Broeder is an experienced trainer, coach and integrative psychotherapist with more than 20 years of experience in personal development, behavioural change and mental wellbeing. She runs a private practice for integrative psychotherapy and is the founder of Mindshapers.

Through Mindshapers, she supports employees who are experiencing mental overload, are at risk of dropping out of work, or are recovering after a period of absence. Her work focuses on psychological recovery, strengthening resilience and supporting a sustainable return to work. In her workshops, Wendy combines psychological knowledge with a practical and down-to-earth approach. She helps participants understand the patterns behind stress, behaviour and emotional responses, while offering practical tools they can apply directly in their work and daily lives.

Workshop

ILLUSTRATOR

Illustrator is the most complete and advanced software for creating vector illustrations: shapes that never lose their quality, no matter how much you enlarge them.

This makes Illustrator ideal for designing and working out professional logos, icons, illustrations and typography. The extremely sophisticated tools for drawing techniques and typography make Illustrator the perfect software for professional illustrators and designers. At the same time, with a little practice and basic knowledge, Illustrator is accessible to beginners and hobbyists, thanks to its user-friendliness and intuitive working environment.

In this workshop you will learn the basic techniques for drawing in Illustrator, and you will be introduced to the most impressive possibilities of the software.

It is recommended to download and install the relevant Adobe program before the workshop so that you can participate in the demonstration and exercises during the workshop. After the workshop, the presentation of the trainer will be made available digitally.

Trainer LearnIT

For over 25 years, LearnIT has helped individuals discover their potential through practical training and coaching. Technology moves fast, and standing out in today's digital world requires real, usable IT skills rather than just the basics.

Our interactive workshops and inspiration sessions are designed to give you a sharp head start, covering everything from data analytics to modern digital tools. Driven by our core belief of learning by doing, we focus on hands-on practice instead of endless theory. We keep things straightforward and focus directly on future-ready tech skills and fresh insights you can apply immediately. When you truly master the technology you use every day, you work with more confidence, sharpen your career edge, and reach goals that once felt out of reach.



English



Thursday
10 December



9:00 - 12:00



LearnIT



Workshop

PROJECT MANAGEMENT

Both during your studies and later in your career, you will inevitably work on many projects, from group assignments to professional projects. Whether you are working on personal or team projects, good project management can help keep your projects focused on their goals, keep them moving forward and make them fun to work on.

In this training, you will learn the basics of project management and how to apply them effectively.

In the project management training you will learn:

- What is a well communicated and motivating purpose of your project?
- How can you get your people and process to work best for you?
- How can you perform proper planning and risk management?
- What street skills can we learn from each other?

Trainer

Meaningful Work

Erik graduated with his MSc in Mechanical Engineering from Eindhoven University of Technology and started a promising career in industry, but somehow it never felt right. After spending years searching for alternative career options, he decided to pack up and travel the world to find answers.

He realized the idea of work should be to contribute something more meaningful than simply making money. When he found he was not the only one struggling with this, he founded Meaningful Work to help people and organizations change the way we think about our careers.

Workshop

DEALING WITH PERFECTIONISM

Do you put a lot of pressure on yourself to get things right, struggle to stop working when something is "good enough," or become overly critical of yourself when you make a mistake?

In this interactive 3-hour workshop, you'll explore how perfectionism works, where it comes from, and how to keep high standards without letting them work against you.

You will learn how to:

- Recognise the difference between healthy ambition and unhealthy perfectionism.
- Understand your own perfectionism triggers, thoughts and behaviour patterns.
- Identify common thinking traps and create more balanced alternatives.
- Use practical strategies
- Respond to mistakes and setbacks with less self-criticism.
- Use simple techniques to reduce stress and regain perspective when pressure builds.

Trainer

Wendy Broeder

Wendy Broeder is an experienced trainer, coach and integrative psychotherapist with more than 20 years of experience in personal development, behavioural change and mental wellbeing. She runs a private practice for integrative psychotherapy and is the founder of Mindshapers.

Through Mindshapers, she supports employees who are experiencing mental overload, are at risk of dropping out of work, or are recovering after a period of absence. Her work focuses on psychological recovery, strengthening resilience and supporting a sustainable return to work. In her workshops, Wendy combines psychological knowledge with a practical and down-to-earth approach. She helps participants understand the patterns behind stress, behaviour and emotional responses, while offering practical tools they can apply directly in their work and daily lives.



English



Thursday
10 December



13:30 - 16:30



Wendy Broeder

Workshop

SQL

Retrieve data from an SQL database quickly and easily? Perform simple data operations, such as combining, inserting and calculating?

In the SQL workshop, you learn how to get the most value out of your data.

- Query data (SELECT FROM, TOP, DISTINCT)
- Sort data (ORDER BY)
- Grouping data (GROUP BY, HAVING)
- Filtering data (WHERE, comparison operators, BETWEEN)
- Learn advanced SQL queries
- Adjust data with functions
- Create calculations (COUNT, SUM, AVG, MAX, MIN)

Trainer
LearnIT

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Workshop

FROM STUDY TO WORK

TU/e

CAREER
ACADEMY

Learning objectives: Discover what to expect when transitioning from student to professional and learn how to prepare yourself to confidently launch your career.

Content: Starting your first job is an exciting milestone; you move on from studying and projects to making a real impact in a professional environment. It can feel overwhelming, and you want to make a strong first impression, build meaningful connections, and find your place within the team. How do you introduce yourself with confidence to new colleagues, stakeholders, or even senior leaders? How can you quickly understand an organization's culture, priorities, and ways of working? And what can you do in those first weeks to set yourself up for success? In this workshop, you'll explore what to expect during your first days on the job and learn practical strategies to navigate this important transition with confidence. You'll gain valuable insights into building relationships, creating visibility, and preparing to make an impact. Through interactive exercises, you'll practice communicating your strengths and personal goals so you can confidently step into your new professional identity. By the end of the workshop, you'll be better prepared to make the transition from student to professional and start your career on the right foot.

Trainer

TU/e Career Academy

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English



Thursday
10 December



13:30 - 16:30



TU/e
Career Academy





Workshop

GETTING THINGS DONE RELOADED: SMARTER ORGANISING

You have a sharp mind, and a to-do list that keeps growing anyway. Smarter Organising is the evolution of the GTD workshop you may know from previous years: the same proven foundation, now combined with a method to build productive habits that actually stick.

In this 3-hour workshop you learn a system to capture, clarify and organize everything competing for your attention, and, just as importantly, how to build the daily habits that keep that system alive long after the workshop ends.

Turn chaos into control, build habits that stick, align focus and actions. In short: study smarter, stress less!

Trainer
Erik Heijnen

Many years ago, I became acquainted with GTD and experienced firsthand what it did for my work and my life: more overview, more calm, more room for what matters.

Over the years I combined it with insights from habit science, so the system doesn't just work on paper, but sticks in daily practice. As a certified GTD trainer and Mental Mindset Expert, I apply these principles every day, and it's my mission to help students discover that same rest, focus and energy, in their studies and beyond.

Workshop

JOB INTERVIEW

TU/e

CAREER
ACADEMY

Learning objectives: Knowing how to prepare for an interview, be aware of ways to make a positive first impression when meeting your recruiter for the first time, become more confident on how to tackle tricky questions, and know how to communicate during the job interview.

During this workshop we will pay attention to the importance of making a good first impression during a job interview. After that, we will explain the STAR method as used by recruiters, and we will go through other possible difficult questions candidates will have to deal with during an interview. Participants will practice an interview in subgroups amongst one another, after which they receive feedback on their answers and non-verbal behaviour during the exercise. Participants of this workshop can receive free access to our online job interview tool called 'Interview Stream', which will help to prepare for any online interview you might come across during your studies and upon graduation.

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English



Thursday
10 December



18:30 - 21:30



TU/e
Career Academy

11 D Friday
December
TAKE YOUR CAREER TO NEW HEIGHTS



Workshop

ELEVATOR PITCH

In this workshop, we'll take an active and dynamic approach to practising a specific way of presenting yourself. How can you make a good impression in a short amount of time?

During this session, we'll actively practise the art of the elevator pitch to create a powerful personal presentation. Make sure you always have an elevator pitch at the ready – a brief presentation in which you enthusiastically explain who you are and what you're good at. Loosely translated, an 'elevator pitch' means a sales pitch in an elevator. You must present yourself as the ideal solution to your conversation partner's problem during the short time of an elevator ride. The elevator pitch can come in handy in a wide variety of situations, for example at conferences or trade fair gatherings, at parties or during the interval of a theatre performance. It's also useful during job interviews; who isn't familiar with the dreaded opening question: 'So, tell me a bit about yourself'. With the right preparation, you'll always have a fluent and appropriate answer ready.

Trainer

Pure Talent

Pure Talent Education & Training was founded as a result of many years of experience in the training and education sector.

We design tailored programmes in which personal and professional development take priority. We do this by actively listening to the client's needs to clarify the intended objectives and then translating these into concrete steps, thereby making the desired impact visible in the performance of the employee. As part of these custom programmes, we provide training, supervision, workshops, coaching, team activities and consultancy.



English



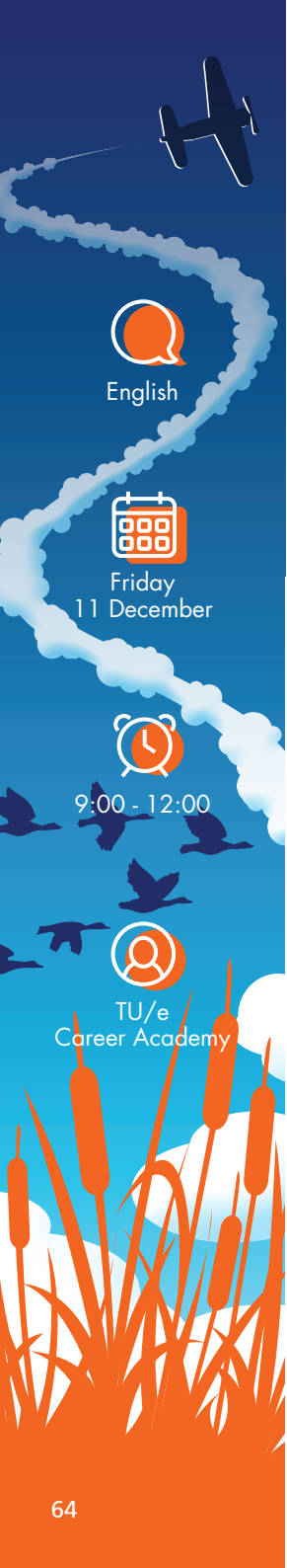
Friday
11 December



9:00 - 12:00



Pure Talent



Workshop

LINKEDIN & NETWORKING

Learning objectives: Learning to create an effective and professional LinkedIn profile and how to use this to expand, and maintain, your network.

During this workshop, you will become more aware of how to use LinkedIn to present yourself as a professional and create/maintain your network. The general dos and don'ts of (online) networking are discussed, and attention will be paid to using social media (especially LinkedIn) to present yourself professionally and navigate the job market effortlessly.

Bring your laptop to this session, so you can work on your LinkedIn profile on the spot!

Trainer

TU/e Career Academy

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STRESS MANAGEMENT

Feeling stressed by deadlines, exams, expectations, or everything you need to keep up with?

In this interactive workshop, you'll gain a better understanding of how stress affects your body, thoughts and performance — and learn what you can do to regain a sense of control.

You will learn how to:

- Recognise your own stress signals and triggers.
- Understand when stress can help performance — and when it starts working against you.
- Manage your energy and attention more effectively.
- Identify unhelpful stress thoughts and shift towards a more helpful growth mindset.
- Distinguish between what you can influence and what you need to let go of.
- Use practical tools such as breathing, grounding, movement and body awareness to regulate stress.
- Explore healthier ways of coping with pressure and build more effective self-care habits.

Trainer

Wendy Broeder

Wendy Broeder is an experienced trainer, coach and integrative psychotherapist with more than 20 years of experience in personal development, behavioural change and mental wellbeing. She runs a private practice for integrative psychotherapy and is the founder of Mindshapers.

Through Mindshapers, she supports employees who are experiencing mental overload, are at risk of dropping out of work, or are recovering after a period of absence. Her work focuses on psychological recovery, strengthening resilience and supporting a sustainable return to work. In her workshops, Wendy combines psychological knowledge with a practical and down-to-earth approach. She helps participants understand the patterns behind stress, behaviour and emotional responses, while offering practical tools they can apply directly in their work and daily lives.



English



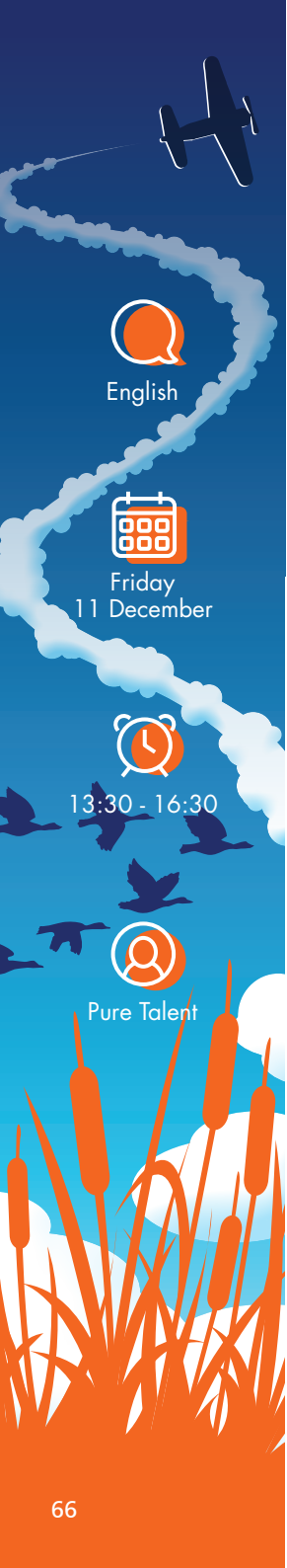
Friday
11 December



9:00 - 12:00



Wendy Broeder



Workshop

NETWORKING AND POSITIVE INFLUENCING

This workshop focuses on how to achieve more and expand your network in a positive way. It's all about 'positive influencing' in combination with networking, which you can apply in the process of job searching.

Several students may have the same academic records and experiences. The employer can choose; make sure you can positively influence that choice. After this workshop, you will leave with useful tips on how to positively influence your potential employer and make connections in the process.

After this workshop:

- You will know the steps for exerting a positive influence;
- You will know the secret laws of influence;
- You will understand the effect of an 'emotional bank account';
- You will be able to influence the decision-making process of others.

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CAREER MANAGEMENT

Starting your career is probably more difficult than ever: with an overload of choice and lack of a vast work experience, it is difficult to decide where and how to start your career.

Since the 'typical' career has rapidly changed in the last decades, it's important to understand what a modern, fulfilling career looks like. In this workshop, we will explain the newest insights in career development and practice using interactive exercises to start your meaningful career!

In the Career Management workshop, you will learn:

- How careers evolved over the years
- How the iterative career process continuously shapes your career
- What you can do to work towards a job you love

Trainer

Meaningful Work

Erik graduated with his MSc in Mechanical Engineering from Eindhoven University of Technology and started a promising career in industry, but somehow it never felt right. After spending years searching for alternative career options, he decided to pack up and travel the world to find answers.

He realized the idea of work should be to contribute something more meaningful than simply making money. When he found he was not the only one struggling with this, he founded Meaningful Work to help people and organizations change the way we think about our careers.



English



Friday
11 December



13:30 - 16:30



Meaningful Work

TIME MANAGEMENT

Do you sometimes feel overwhelmed by everything you need to do, struggle to decide what deserves your attention first, or find yourself constantly switching between tasks?

In this interactive workshop, you'll explore how to use your time, energy and attention more effectively — without feeling that you always need to do more.

You will learn how to:

- Recognise what creates overwhelm and where your time and attention are going.
- Distinguish between what is urgent, important and actually worth your time.
- Set clearer priorities and create more structure in your day or week.
- Recognise when you may need to say no or set boundaries to protect your priorities.
- Reduce distractions and unnecessary task switching.
- Turn your insights into small, realistic changes you can start using straight away.

Trainer

Wendy Broeder

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Workshop

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TU/e

CAREER
ACADEMY

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English



Friday
11 December



13:30 - 16:30



TU/e
Career Academy

Activities organized by Wervingsdagen

This year, Wervingsdagen will organize Eindhoven University of Technology's most important career events for the 46th time in a row.

These events, the Skill Sessions, the Career Expo, and the Interviewing Days, help you to develop your professional attitude, and to tackle all future challenges in the labor market.

THE SKILL SESSIONS

The 7th to 11th of December, 2026

The first career event is the Skill Sessions. During this week, free workshops will be given by professional trainers. All students can register to participate in these workshops. These workshops focus on your personal and professional development. Topics that are covered will add to your resume, help you with preparing for a job interview or can help you work and learn more efficiently.

More detailed information can be found in this brochure and on our website www.wervingsdagen.nl

For registration, visit the Wervingsdagen website and register before the 23rd of November. Be quick, since most workshops have limited number of places available!



THE CAREER EXPO

The 2nd to 4th of March, 2027

The Career Expo will take place in the Auditorium and Atlas building at the Eindhoven University of Technology on the 02nd to 04^h of March, 2027. During the day, 180+ companies will present themselves with a stand on this technical career fair. Familiarize yourself with companies, converse with recruiters, and learn all about your potential future employers. Whether you already know where you end up after your studies, or whether you are still in doubt, the Career Expo offers you the opportunity to gather information on various companies and to find the company that suits you and your interests best.

INNOVATION HALLWAY

Start-ups and scale-ups will be present in the Innovation Hallway on the Career Expo. The Innovation Hallway will be located in the hallway between the Auditorium and Atlas building at the Eindhoven University of Technology. Are you interested in start-ups or scale-ups? Visit the Innovation Hallway on the Career Expo!

THE INTERVIEWING DAYS

The 10th to 12th of May, 2027

Visiting the Interviewing Days is the perfect opportunity to talk to potential employers about possible career opportunities. Besides that, it is a great way to ask recruiters about the culture and work procedures of the company which you are planning to work at after your studies. The topic of the conversation during these Interviewing Days is entirely up to you, as long as it is career-related. If you want to get deeper insights into a company in a practical way, then we also offer several business cases. This can be used to get a taste of what it is like to work there and you can get your hands on a real-life problem that is provided by a company.

SUPPORTING

Study Associations

Applied Mathematics, Computer Science



Applied Physics



Biomedical Engineering, Medical Sciences
and Technology



Chemical Engineering and Chemistry



Data Science



Electrical Engineering,
Automotive Technology



Industrial Engineering



Sustainable Innovation, Psychology
and Technology

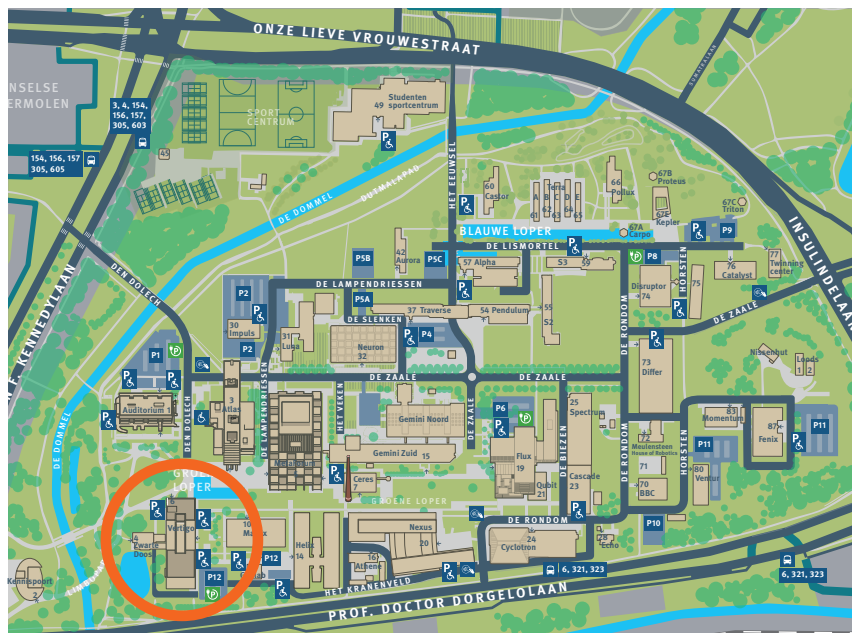


Mechanical Engineering



LOCATION

of the Skill Sessions



All activities take place at De Zwarte Doos and the Vertigo building. Before entering a training, you need to sign up at the information desk, located on the first floor of De Zwarte Doos. Here you will receive the exact location of your training.

Visit www.wervingsdagen.nl
for more information

The exact location of the workshops
will be communicated after signing up.

Don't forget

TAKE SOME NOTES

This image shows a single page of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page, providing a guide for writing. There are no margins, text, or other markings on the page.





BOARD OF WERVINGSDAGEN

Eindhoven University of Technology
Luna de Plint 1.244
P.O. Box 513
5600 MB Eindhoven

Phone: +31 (0)40 24 74 999
E-mail: info@wervingsdagen.nl
Website: www.wervingsdagen.nl



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linkedin.com/company/wervingsdagen

Register at student.wervingsdagen.nl/login
Registration closes on the 23rd of November

Wervingsdagen
The TU/e Career Events

