
Postdoc Forum

Postdoc Forum je nový formát v rámci [programu Charleston](#) zaměřený na sdílení zkušeností v oblasti kariérního rozvoje mezi postdoktorandy. Fórum se soustředí na sdílení kariérních cest, hledání možností mezioborové spolupráce a posilování vzájemného mentoringu v rámci postdoktorské komunity. Je spolupořádáno s [Czexpats in Science](#) a je otevřené všem postdoktorandům, nejen těm z Univerzity Karlovy. Všechna setkání probíhají v angličtině.

Seznam setkání *

[Postdoc Forum I: Strategic Career Thinking \(Již proběhlo\)](#)

[Postdoc Forum II: Postdocs Between Roles](#)

* Další setkání v rámci série budou následovat na podzim 2026.

PostDoc Forum I: Strategic Career Thinking – Thinking About Your Career Before Planning It

15 April 2026, 3 PM – Kampus Hybernská

In this workshop, participants will strategically think about their career by evaluating their strengths, limitations, values, beliefs, interests, goals, practices, and relationships with others. They will first audit their achievements and responsibilities to highlight their competences and identify gaps for self-improvement. Based on this initial reflection, they will then think about their goals, the obstacles to these goals, and some tactics to overcome these obstacles.

The workshop will combine **short lecture blocks** and **group and individual activities**. The goal is to offer postdocs time to sit down and **effectively reflect on their current career situation** with the guidance of a professional and the possibility to share with others.

The session will consist of a 60–90 minute workshop followed by an open discussion.

Speakers

Marie Feřtřová

Marie is a researcher, ICF-certified coach, and workshop designer specialising in the unique dynamics of academic and R&D environments. With a background in co-founding a research team at Charles University's Faculty of Science and a consulting firm for applied social research, she brings a deep, firsthand understanding of the challenges scientists face. She doesn't just coach -she understands the "language of science."

Marie partners with researchers and academics to navigate specific challenges such as strategic prioritisation, vision-setting, career crossroads or transition, and burnout prevention. By fostering self-confidence and decision clarity, she supports clients in building the foundations necessary to lead impactful research.

Currently, she is dedicated to a bold vision: integrating coaching principles as a standard tool for the development of researchers and PhD students across the Czech R&D&I ecosystem.

Jan Froněk

Jan helps academics achieve strong results without sacrificing important relationships, health, or their sense of purpose. He earned his PhD in Andragogy from Charles University and later became a certified coach with over 800 hours of practice, working with researchers and university staff from more than 20 universities worldwide. Having experienced academic life himself – from publishing and conferences to teaching and administrative demands – Jan understands the pressures researchers face.

His work combines coaching, sharing key content, and peer learning to help academics move forward in demanding projects while maintaining balance and clarity. Jan follows the ethical code of the European Mentoring and Coaching Council and contributes to sustainability initiatives such as the Climate Coaching Alliance.

Postdoc Forum II: Postdocs Between Roles – Navigating Responsibility, Communication and Expectations

27 May 2026, 3 PM – Kampus Hyberská

While not in charge of their own research group, postdocs often do find themselves mentoring more junior colleagues in their team, supervising undergraduate and graduate students and communicating with administration and research partners. Future team management plans are also often expected as a part of many funding applications. At the same time, postdocs are still subordinates of their current PIs. As a result, the postdoctoral researchers have to handle different demands and responsibilities, and adopt distinct communication strategies in their everyday work.

The second Postdoc Forum meeting, which will consist of presentations by experts and participatory group discussions, addresses these issues and offers practical tips on how to navigate them.

Topics will include **student supervision**, **communication** with team colleagues, **relationships** with the PI, department or laboratory head, and the kind of **leadership and management responsibilities** postdocs often take on despite not being in a PI role – including how to navigate and carry out these responsibilities effectively from a non-PI position.

The session will consist of a 60–90 minute workshop followed by an open discussion.

Registration

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