

# How to cope with my supervisors?

The most common question among PhD students is: how do I deal with my supervisor(s)? What do they expect from me? How do I keep them all happy? Where is the line between their suggestions and my independent decisions in the research? How much freedom do I have? Can I say no? How do I discuss and negotiate? How do I deal with feedback or progress meetings? How do I deal with disagreement, friction or conflict? Learn how to make the relationship with your supervisors fruitful and effective. This key factor has great influence on your speed, success and happiness during your PhD!

We want you to finish your PhD without unnecessary delays, with great results, while you have the time of your life! However, PhDs without proper training tend to have difficulty communicating effectively with their supervisors. Cultural differences may also play a role for foreign PhD students. In The Netherlands, the relationship with your supervisors is probably very different from what you may expect in your home country.

During the workshop we help you to create clarity in the conditions, planning and expectations. With the help of a professional training actor, we practice different types of supervisors and difficult situations. Convincing, saying no, giving and receiving feedback, negotiating and conflict management are all techniques that you can practice. Do you want your supervisors to give you effective support? Then come and do this fun and educative course day!

## **About ElroyCOM Training**

ElroyCOM Training is recognized by the CRKBO as an official educational institute for scientists. It consists of more than 20 excellent and international trainers and training actors. All of our trainers and actors are scientists themselves. For more information please refer to [www.elroycom.nl](http://www.elroycom.nl).