

Women in Research – Empowerment, Visibility and Mental Strength



Interactive Training

- For Scientists, Study Leads and Female Leaders in Clinical and Pharmaceutical Teams
- Build confidence and strengthen leadership identity
- Develop mental resilience and emotional balance
- Increase visibility, communication impact and presence
- Expand support, networks and peer collaboration

Speaker



Dr. Anne Zuse
CEO, Founder, Coach and Trainer
Luminaria Life GmbH, Cham
Switzerland

Day 1/2 – Strength, Identity and Self-Leadership

Modul 1

Challenges and Opportunities for Women in R&D

- Bias, role conflict and hidden expectations
- Empowerment mindset and career positioning
- Reflection and knowledge exchange

Modul 2

Mental Strength and Self-Confidence

- Clarifying expectations and securing commitment
- Interrupting self-doubt and imposter messages
- Resource activation and self-leadership
- Leadership Confidence Map

Modul 3

Stress Management and Emotional Balance

- Navigating pressure and responsibility
- Emotional regulation and mental load strategies
- Mindset resets and micro-tools for resilience

Day 3/4 – Visibility, Influence and Network Power

Modul 4

Visibility and Strategic Positioning:

- Stepping into influence authentically
- Communicating success with clarity
- Visibility Strategy Canvas

Modul 5

Boundaries, Presence and Courageous Action

- Healthy boundaries without guilt
- Handling challenges and microaggressions
- Confidence-building practice

Modul 6

Peer Coaching, Networking and Co-Elevation

- Female Network Strategy in Development
- Mentoring and collaboration models
- 90-Day Action Plan and Closing Circle

Aims and Objectives

Women in clinical trials, scientific research and pharma contribute significantly – often under high expectations, limited visibility and competing demands. While delivering exceptional work, they navigate role expectations, hidden bias and the mental load of proving themselves repeatedly.

This seminar delivers what many female professionals are rarely given: the tools, language and internal grounding to lead visibly, confidently and without self-doubt.

Participants will learn to:

- build confidence intentionally, rather than wait for validation
- use their voice strategically to influence decisions and outcomes
- activate inner resilience to lead without burning out
- show up with authentic presence, not perfection pressure
- leverage strengths and personal power instead of carrying everything alone
- be seen, heard & respected while advancing their careers

Our goal is not only to support women in performing – but to help them lead, influence and shine with clarity, energy and purpose.

Worth Knowing

Who should attend

This course is designed for female professionals working in Clinical Development, Clinical Operations, Clinical Project Management, Data Management, Medical Affairs and adjacent roles in pharmaceutical and healthcare environments.

Highly relevant for organizations seeking to strengthen operational teams in complex and regulated environments – ideal for women working in:

- Clinical development and R&D
- Pharma and scientific project teams
- Leadership or project roles (formal or informal)
- High potentials and emerging leaders

Reasons to Join

- Build confidence, visibility and influence
- Strengthen emotional balance and resilience
- Navigate pressure without sacrificing well-being
- Apply leadership skills without hierarchy
- Build supportive networks and peer alliances
- Companies benefit from retention, engagement and empowered talent

Our Speaker



Dr. Anne Zuse

CEO, Founder, Coach and Trainer
Luminaria Life GmbH, Cham, Switzerland

Dr. Anne Zuse is a Leadership & Resilience Coach, Mental Well-Being Trainer, and Senior Clinical Operations Expert with 25 years of experience in pharma and clinical research. Formerly Head of Clinical Project Management and Associate Global Trial Director, she led global teams and trials. Through Luminaria Life, she helps professionals lead with clarity, build resilience, and navigate change without sacrificing well-being.

Recommended Seminars

Profiling, Psychologie und Sprache wirksam einsetzen

24. März 2026, Online-Veranstaltung

Verträge in der Pharmakovigilanz

26. März 2026, Online-Veranstaltung

Pharmacovigilance in Clinical Trials: A European and DACH Perspective

24. April 2026, Online-Veranstaltung

Beyond the Risk Management Plan

14. Juli 2026, Online-Veranstaltung

Pharmacovigilance Agreements

28. Juli 2026, Online-Veranstaltung

Was nicht im Risk Management Plan steht

10. November 2026, Online-Veranstaltung

► This and other seminar offers can be found online on our website: www.akademie-heidelberg.de/online-seminare

Further Information

I am happy to answer your questions about this seminar, in-house trainings and our entire program.



Dr. Marion Müller

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Registration Form

Women in Research – Empowerment, Visibility and Mental Strength

Last name
First Name
Job Title
Company/Organization
Street Address/No.
Postal Code / City
Phone Number
Email Address
Assistant's Name
Date / Signature

Kindly send your registration to: anmeldung@akademie-heidelberg.de

Date and Time

6th/8th and 13th/15th October 2026
9:00 a.m. to 1:00 p.m.
Online access from 8:45 a.m.
Seminar code: 26 10PK705 W

Fee

€ 1780,- (plus VAT)

The fee includes access to the seminar as well as the presentation as a PDF file. After the seminar, you will receive a certificate confirming your attendance.

General Terms and Conditions

Our general terms and conditions apply (as of 01.01.2010). If you wish, we can send these to you. An English version is available upon request. You can also view our general terms and conditions at any time on our website: www.akademie-heidelberg.de/agb

Procedure

- One day prior to the seminar you will receive an email with a link giving you direct access to the online seminar.
- In order to participate, you do not need to download and install any program. You can dial in directly via Zoom using your internet browser.
- You can ask questions at any time and discuss them with the speakers and other participants via your microphone and camera. Alternatively, you can use the chat to communicate.

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