Brief Retreat Report – Written by Afra Inayah Dhyaniputri and Precious Azubuike

Prologue:

The career retreat is tailored to newly graduated Masters in International Health students of the Heidelberg Institute of Global Health plus a few doctoral students/young scientists. The three-day retreat programme offers opportunities for personal reflections, group and plenary discussions, and coaching. For the 2021 batch, this retreat held at the Bammental Town-Hall, from 16th to 18th September, 2022. Below is a brief report:

''Usually, I regularly discover that when I am referred to as an 'Intellectual' or a 'Bright individual', I do not however feel particularly proud of myself. Instead the voice of self-doubt and unbelief resounds. This retreat was a great moment of reflection for me'' - Afra

''Having the opportunity to sit with my colleagues and reflect during this retreat is one I appreciate. It was a moment of truly thinking deep to reflect on my strengths, weaknesses and the various opportunities I have to improve'' - Yanfei

"This retreat happened at the perfect time, just before transitioning into the 'career world'. The open conversations, individual and group reflections, dinner and special coaching sessions were inestimable" – Precious

It felt like home, having Andreas Deckert, Rhondemo Kikon, Mahir Bhatt for all the retreat days to coach and guide the conversations, bringing perspective for improvements. We shared opinions and discussed around the course expectations and questions with the

participant group. The retreat started off on a wonderful note, sharing our dynamic and differing experiences in terms of personal strengths and weakness. It was really effective, we basically summed up our whole journey and experience during the Master course. We are a very heterogenous group, in terms of nationalities, barriers, background and experiences. However, we felt close again and bonded - with a lovely potluck dinner!

Saturday agendas were busy with plenary reflections during the morning session. Although, on the first night we were already summing up most of our SWOT internally, this time the whole group got chances to give comments, and feedback on what strengths should be honed and also weaknesses to be aware of. Each lunch break gave us some time to digest and process all beautiful comments during the morning sessions. We also got a chance to mention our lives' visions, wishes and dreams - personally and professionally.

To crown it all up, the Global Health Career Planning Retreat 2022 did put up an amazing Greek Dinner, inviting fellow HIGH alumni. This night was an exceptional experience and afforded us the right platform to bond and connect with one another – especially friends and the HIGH alumni. Frankly, the dinner was a smart catch to reflect and evaluate the whole day, and yes, we were full and happy! We had a session on *Individual coaching*, which featured the next steps towards the realization of our visions, barriers, and compromises as individuals.

On the last day, we summed up the retreat experience an interesting activity; to draw, map out and visualize our dreams and goals. Everyone participated in this, putting up a map/sketch of their vision for the future, with three concrete action steps towards actualizing these – and yes, everyone sketched their visions as seen in the photo attached.

I will summarize this report with a quote from the retreat:

I believe that if people will think good, speak good and do good, the circles of goodness will grow in the world.

Many thanks again to those who made the Global Health Career Planning Retreat 2022 a success. We will continue the circle of goodness ☺

Design (y)our future!

This retreat is tailored to the newly graduated Master in International Health of the Heidelberg Institute of Global Health plus a few doctoral students/young scientists.

The retreat provides us with a perfect, comfortable, supportive group for personal reflections, group and plenary discussions, and coaching.
Participation is required for the full program.