

## WIA-E BREMEN Local Group

### “Boost Weekend: Astronautin for a day”

15<sup>th</sup>-16<sup>th</sup> February, Hill Media GmbH- Bremen

WIA-E Bremen local group participated to the first “Motivation Boost Weekend” organized by Die Astronautin GmbH, as part of the ESA BIC North Germany, on 15th-16th February 2020. The workshop lasted two days combining parts from real astronaut training with reflections and exercises from the area of leadership development.

Dr. Laura Bechthold, researcher in Leadership & Diversity at Zeppelin University, drove us along an exploration inside our way of acting and perceiving ourselves in several situations.

The training focuses on strengthening self-efficacy (trust in one's own competence), as well as building up determination, creativity and the definition of personal and professional goals.

Twelve participants shared this engaging workshop; which started with an inspiring presentation from Claudia Kessler, founder of “Die Astronautin GmbH together Inka Helmke, entitled “*More Women to Space for the Future of Earth*”.



Claudia Kessler (WIA-E/Die Astronautin Founder), during the opening session.

The workshop is structured in four steps, as a countdown for a personal mission goal:

- 1) DISCOVER : Assessment on the current personal starting point ( Energy check)

- 2) ENVISION: Define the personal mission target, as a projection of themselves in the future
- 3) NAVIGATE: Definition of a personal path and elements/situations which can interfere with our goal.
- 4) GO : Define the concrete short term and long term “milestones” to achieve the target mission

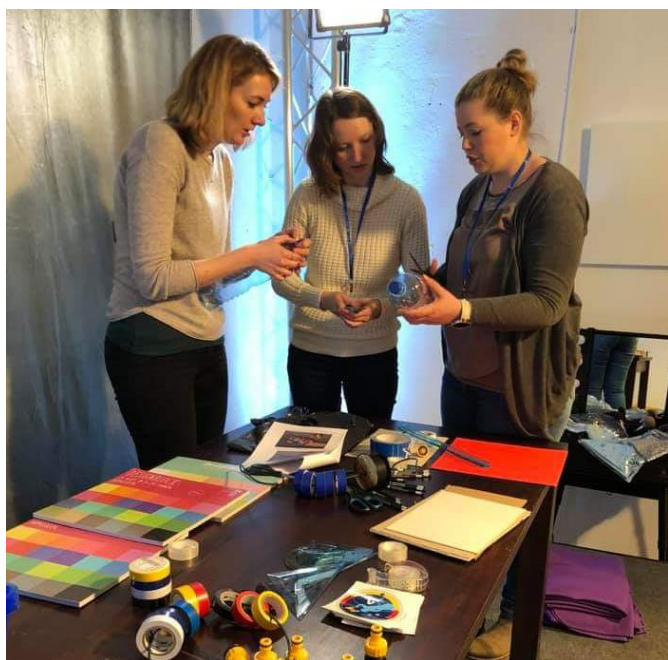


Dr. Laura Bechthold (Expert in Innovation and Leadership) during the workshop.

The workshop alternates sessions on personal assessment ( in small group or alone) with practical sessions. A personal mission logbook is provided to perform the personal assessment and reflect on yourself. The first day focuses on DISCOVER and ENVISION sessions.

In the afternoon, the participants were divided in teams to build up a water rocket. In this context, the personal behaviour during the project will emerge supporting the awareness of themselves in working with unknown persons on a common objective. Later, the water rockets passed several “wet” launch campaign, thanks to the good weather on Saturday!

It was really an compelling experience and place the basis for team building .



*WIA-E Bremen participants building a water-rocket*



*WIA-E Bremen participants during the launch campaign!*

The second day is dedicated to the session NAVIGATE and GO. A virtual reality tour inside ISS completes the experience, providing a unique feeling about the perception of our body and reality.



*ISS Virtual reality tour session explained by Inka Helmke (on the right)*

The workshop ends with a peer counseling on the experience. In the logbook, everyone defines the next key points to turn the dreamed mission in reality.

WIA-E Bremen is very glad to cooperate to the first pilot training, it will be an innovative way to perform a personal development path.

We wish a successful mission to “Die Astronautin GmbH” team and we are ready to fly!







WIA-E Bremen and Die Astronautin team after the water rocket launch campaign.

***Space makes you dream and we dream of a modern society with gender equality and inclusion***