

Coach præsentationer

Dorina Gnaur

I am a coach and counselor with a strong commitment to supporting PhD students in navigating the complex demands of academic life. My approach is person-centred, grounded in dialogue, empathy, and a deep respect for individual journeys. I work to create safe and constructive spaces where you can explore challenges, reconnect with your motivation, and find clarity and direction – whether it's about balancing life and research, building resilience, or rediscovering your sense of purpose.

My background includes many years of experience in higher education, both as a university teacher and as a developer of PhD supervision courses at Aarhus University. This gives me a solid understanding of the academic environment and the pressures that come with it – but my focus in coaching is always on you as a person, not just your role as a researcher. Coaching with me is about finding sustainable ways forward – with more ease, more meaning, and renewed energy.

Lone Hersted

I am an Associate Professor working at Aalborg University and living in Aarhus. I have been teaching and doing research at Aalborg University since 2011 in the field of leadership, coaching, dialogical processes and learning in organizations.

My approach to coaching very much depends on the person and the topic chosen by the coachee. I know from my own life experience, that it can be hard and challenging to be a PhD student or a junior researcher, and I therefore see my primordial task as a coach to listen and try to understand what is at stake to be able to support the coachee in difficult situations and challenging circumstances. It is my hope that the coachees will find my coaching inspiring and helpful to find their way and succeed with their projects and fulfill their professional dreams.

Ditte-Marie From

I am a coach and a former associate professor with a background in the sociology of education, specializing in well-being, learning environments, and with a profound interest in the development of early-career-researchers. My mission is to empower and guide PhD students and professionals within academia towards a productive and healthy academic journey.

I am the owner of Academic Coaching, where I support PhD students in navigating the pressures of academic life with more clarity, balance, and purpose. I also facilitate workshops for PhD students and PhD supervisors, aimed at strengthening doctoral training environments, building trust, and providing strategies to address and handle difficult issues. My approach builds on over a decade of research and teaching, focused on activating people's often-overlooked inner resources, and creating new paths to meaningfulness and purpose.

Jens Larsen

My passion is to help PhD students thrive—not just survive—the demanding journey of doctoral research. I offer practical tools to manage stress, boost motivation, plan time wisely, handle relationships with supervisors, and build a joyful, sustainable writing practice. My approach is rooted in True Storytelling, a method I co-developed to help people create meaningful change based on values, habits, and lived experiences.

Apart from coaching, I teach the 2-day course Become a Productive and Joyful Researcher at the PhD School for Health, AU. I also co-founded Writeconcept.dk, where we've supported over 1,000 PhD students through coaching and writing workshops. With a background in coaching, leadership, and storytelling—and as the author of several books and papers—I bring deep insight into what it takes to succeed as a researcher. I'm here to support you in navigating your PhD with clarity, confidence, and care.

Mirjam Godskesen

I am a dedicated PhD coach and what really makes my work meaningful is to see a PhD student leave my office with a new perspective on their work or with their shoulders down. I work as an independent coach and consultant, I have my own company UNWIND, and since 2006 I have coached more than 1000 PhD students. I am experienced in coaching all aspects of the PhD study such as planning, writing, work-life balance, motivation and handling relational issues.

From 2008 to 2012, I managed two projects that aimed to develop PhD coaching at five Danish universities. My background is in Engineering (PhD from DTU) and I am affiliated with Aalborg University, where I was formerly an Associate Professor. Apart from coaching, I develop and teach courses for doctoral supervisors in Denmark and across Europe and run Writing Bootcamps for academic writers. My current research interests are in the areas of PhD coaching and education of doctoral supervisors.