

Name and affiliation: *Sibylle Sommerer*

Fields of interest and professional expertise: *Performance skills, presentation, media training, public speaking, stage fright*

Did your career path involve difficult decisions? If so, which ones? *I already had two children when I was a student. I also had a 50% job. My questions were: How do I solve the interplay of work, study and children? I just did it and trusted that it would work out.*

What was the most important decision that led your current position? *To study the subject, what I enjoy and where my passion is.*

Your advice for dealing with failures? *Pause, reflect, think, change, try again.*

What drives you? *I am motivated when I can help people. A smile, a thank you and a success of my customers makes me happy. If I can make a difference, I enjoy my work. When others see a purpose in my work as I do, I am happy.*

Is there anything in your previous career steps that you would do differently? *I would have found mentors earlier to support me and to help me. I would have asked more questions and questioned more tasks. I would have said more "no" on things I find pointless.*

What is your advice to junior scientists of the next generation? *Do what you enjoy and do it well. Ask yourself again and again: Where is my passion - in my job, in my subject, in my task, in my goal. If you can no longer find your passion, change something.*

Do you have role models? Who? *Pippi Longstocking, because she is brave and lives her life the way she likes it. She cares for others, is appreciative and cheerful. And.... She always curious and keeps looking into the world with the eyes of a child.*

How do you relax? *I take a day off from time to time and do whatever I like. And..... long summer holidays in Italy. :-)*