

Networking Workshop for Researchers *'How to Build a Support Network for Your Next Career Steps'*

Overview: Having a support network of people is a key ingredient in any successful career. This interactive session explores strategies for building and maintaining an effective, mutually supportive network of peers, mentors and professional contacts.

Workshop aims: The session helps participants work through their own approach to creating a network that accelerates progress and achieves each participant's career priorities. At the same time this virtual event provides facilitated opportunities for researchers to meet peers at the same institution.

In brief:

Workshop summary	Networking workshop for researchers, providing practical tools, strategies and tips to help participants build sustainable relationships to support their careers
Target audience	Early career researchers , including PhD candidates
Format	<ul style="list-style-type: none"> • The highly interactive format involves short presentations, individual exercises, small 'breakout'-style discussions and Q&A sessions • The event is capped at 25 participants to allow for optimal engagement
Mode of delivery	Delivered virtually via Zoom or in person where feasible, on application
Duration	Half-day: 3 hours core + 0.5hr voluntary Q&A sessions
Core content summary	<p>Part 1: What is a supportive network and how do you build one? Presentations, discussions and exercises for creating and expanding such a network</p> <p>Part 2: Optimise your LinkedIn profile. Tips for developing a highly effective online profile</p> <p>Part 3: 'Smart' networking strategies and how to apply them. Introducing Mastermind group peer mentoring and informational interviews as key strategies for network building</p>
Extra services	<ul style="list-style-type: none"> • Creation of a workshop-specific web-page for course-related resources, including an extensive workbook and access to the presentation slides • Pre-event survey (anonymous) of participants' issues and needs on the topic • Introduction to peer mentoring and a Mastermind group option • Feedback survey (anonymous, in collaboration with the client organisation)
Workshop pricing	Please contact the head trainer Dr. Kerstin Fritsches to discuss your requirements and pricing

About the facilitator, Dr Kerstin Fritsches and PostdocTraining

Kerstin is a former research fellow who spent the majority of her 12-year research career on grant funding, with first-hand experience of the challenges facing early career researchers and a strong track record in postdoc affairs and career development.

A lack of effective career training for PhDs led Kerstin to found PostdocTraining in 2011, to bridge a gap in professional development by delivering support tailored specifically for PhD candidates, postdocs and other early career researchers.

PostdocTraining delivers career development support in the form of online training and workshops for researchers worldwide and Kerstin has become a sought-after workshop facilitator on topics such as career planning, time management and research leadership, both in Europe and Australia.