

# Professional Development Series 2022

This lunchtime series of interactive workshops will be conducted via Zoom.

To receive the Zoom link to one or more workshop or for more information, please contact an EMCR PD facilitator: [eddy.dowle@otago.ac.nz](mailto:eddy.dowle@otago.ac.nz) or [claire.henry@otago.ac.nz](mailto:claire.henry@otago.ac.nz)

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## Health Sciences

### Early and Mid-Career Researchers Group

*Te Kahui Houhare Rangahau Hauora*

#### Workshop dates and topics – Wednesdays 12-1pm

Session 1: Getting the most out of mentorship: Tips for Mentors and Mentees  
Wednesday 9 March, 12-1pm.

Session 2: You can't do it all: Strategies to achieve work/life/family balance  
Wednesday 11 May, 12-1pm

Session 3: Shape your career: Create opportunities and commit to action  
TBC, 12-1pm

Session 4: Imposter syndrome: How to deal with feelings of anxiety as a researcher  
TBC, 12-1pm

Session 5: Put yourself out there: Tips about the subtle (and not so subtle) art of networking  
TBC, 12-1pm

