



REALISE

Helping HBI students and scholars REALISE their potential

IN THIS EDITION

[REALISE Learning Opportunities](#)

[HBI Neurovation + HBITO Industry Panel](#)

[MITACS Professional Development Program](#)

[Additional Opportunities Across Campus](#)

REALISE LEARNING OPPORTUNITIES

[A Reader-Centred Approach to Clear and Effective Science Writing and Editing](#)

January 27 & February 3 | 8:30 am to 4:30 pm

A two-day intensive writing and editing workshop facilitated by Margaret Chandler, an experienced instructor, editor, author, and owner of [Green Fuse Inc.](#)

If you're looking to significantly improve your writing skills, this is the workshop for you! This workshop provides an excellent opportunity to strengthen your writing and editing skills to become a more confident and efficient writer. You'll review important writing basics; enhance your ability to write clearly, concisely, and efficiently; learn some of the key strategies and tools that professional editors use; and leave with resources to help you continue to refine your writing skills.

[HBI Wellness Series: Wholistic you](#)

February 8, 15, 22 & March 1 | 4 to 5:30 pm

Cultivate your best self by developing a growth mindset, honing your self-awareness, and realizing your self-worth and value.

Back by popular demand! Maximize your personal and professional success by cultivating your best self. As a grad student or postdoc, you are already successful. Despite this, do you ever feel like an imposter? Do you ever experience what feels like failure? This four-part module will help you develop self-awareness, which will help you let go of thought patterns that no longer serve you. You'll learn how to set healthy boundaries and advocate for your needs with calm confidence and clear communication.

HBI NEUROVATION + HBITO INDUSTRY PANEL

The Hotchkiss Brain Institute is proud to present [Neurovation - Unleashing Impact Through Entrepreneurship in the Neurosciences](#) on February 10 from 3 to 7 pm at Platform Calgary!

Neurovation brings together innovators, researchers, investors, and members of the public to share exciting advances in neuroscience innovation at the HBI. Come explore and feel the momentum as world class research breakthroughs at the HBI are transformed into new treatments, diagnostics, and medical devices for the people who need them most.

The free event will kick off with two simultaneous panel discussions. The HBITO will be hosting an industry panel featuring HBI alumni. A concurrent discussion will take place with former HBI researchers who have launched biotech startups. Special guests Josh Cohen and Justin Klee, co-founders of [Amylyx Pharmaceuticals](#), will host a fireside chat describing their journey. The evening will close with a networking session where you can connect with your colleagues, HBI members, and impactful HBI and YYC-based companies working in neuroscience.

Don't miss this exciting evening with delicious food, great company, and engaging conversations on business and the brain! [>> more information and registration](#)

MITACS PROFESSIONAL DEVELOPMENT PROGRAM

Mitacs offers an array of free training—now with official certificates of completion—in several areas including [networking skills](#), [project and time management](#), [reconciliation and EDI](#), [communication skills](#), [career planning](#), [R&D management](#), [leadership skills](#), and [writing and presentation skills](#). Training sessions consist of an online prerequisite followed by a facilitated session. Visit [Mitacs Training Courses](#) for general information and sign up on [EDGE](#). Upcoming facilitated sessions include:

- Building your project network map | Jan 16, 11 am to 1 pm
- Framing your project in a masterful presentation | Jan 17 or Jan 25, 11 am to 3 pm
- The principles of sound leadership and team building | Jan 18, 9:30 am to 12 pm
- Mastering the elevator pitch | Jan 19, 12 to 3 pm
- Project and time management | Jan 23, 2 to 4 pm or Jan 30, 12 to 2 pm
- Refined project communication plan | Jan 27, 11 am to 1 pm
- Incorporating reconciliation, equity, diversity and inclusion into your project | Jan 30, 4 to 6 pm

ADDITIONAL OPPORTUNITIES ACROSS CAMPUS

Neuroscience and mental health

- [HBI Seminar Series](#) | Weekly on Fridays, 12 to 1 pm
- [VAST Seminar Series - Dr. Paula McLaughlin](#) | Jan 20, 10 to 11 am
- [Science in the Cinema presents: Inside Out](#) | Jan 26, 5:45 to 8 pm
- [Successes in Neuroscience Symposium](#) | Feb 8, 10 am to 3:30 pm
- [Psychiatry Quarterly Updates - Opioid Use Disorder](#) | Feb 10, 1 to 4 pm
- [Mathison-Littmann Research Day](#) | Mar 3, 9 am to 2 pm

Professional and career development

- [Resumes: How to tailor your resume to the job posting](#) | Jan 12, 12 to 1 pm
- [How to Write a Canadian Resume and Cover Letter](#) | Jan 23, 2:30 to 4 pm
- [Current Job search Trends](#) | Jan 24, 12 to 1 pm
- [Explore Micro-Placements Info Session - Students](#) | Jan 24, 3 to 4 pm
- [Canadian Interviews and How to Prepare for One](#) | Jan 30, 10 to 11:30 am
- [Job Search: LinkedIn](#) | Jan 30, 12 to 1 pm
- [Interviews: Answering General Questions](#) | Feb 7, 12 to 1 pm
- [Interviews: Answering Behavioural Questions](#) | Feb 8, 12 to 1 pm
- [Interviews: Practice Interview Questions](#) | Feb 9, 12 to 1 pm

- [Creating your Future: Planning your Next Steps](#) | Feb 9, 3 to 4 pm

Communication and knowledge translation

- [#SciComm on Social Media for Researchers](#) | Jan 17, 10 am to 12 pm
- [Instagram and TikTok for #SciComm](#) | Feb 7, 10 to 11:30 am

Technical and research

- [Data Visualization & Tools](#) | Jan 13, 10 to 11:30 am
- [Data Visualization with Tableau](#) | Jan 13, 2 to 3:30 pm
- [Canadian Common CV for Postdocs - Turn a Nuisance into a Strength](#) | Jan 25, 1 to 2:30 pm

Entrepreneurial thinking and innovation

- [Launchpad Live: Intro to fundraising and terms of investment](#) | Jan 12, 6 to 7:30 pm
- [Launchpad Live: Startup law and intellectual property](#) | Jan 19, 6 to 7:30 pm
- [Launchpad Live: Raising money from investors](#) | Jan 26, 6 to 7:30 pm
- [The Social Innovation Hub Launch & Housewarming](#) | Jan 31, 10 am to 12 pm
- [Launchpad Live: How I raised money for my startup](#) | Feb 2, 6 to 7:30 pm
- [Tech Fest 2023](#) | Feb 7, 10:30 am to 4 pm

Wellness

- [What is Life Design, and how can it help me?](#) | Jan 16, 12:15 to 12:45 pm
- [Pushing Through Perfectionism](#) | Jan 16, 4 to 5 pm
- [Boosting Self-Compassion Workshop](#) | Jan 17, 12 to 1 pm
- [Workshop: Designing a Happy Life](#) | Jan 17, 1 to 2 pm
- [Grand Opening: Life Design Hub](#) | Jan 18, 11:30 am to 1 pm
- [Mitigating Procrastination](#) | Jan 18, 3 to 4 pm
- [Healthy Thinking](#) | Jan 18, 5 to 6 pm
- [Workshop: Designing for Change](#) | Jan 19, 11 am to 12 pm
- [Motivation and Procrastination Workshop](#), Jan 19, 12 to 1 pm
- [Managing Stress and Anxiety Workshop](#) | Jan 23, 12 to 1 pm
- [How to Design your Life: Intro to Design Thinking](#) | Feb 2, 12 to 1 pm

REALISE Career Development Program

Web: hbi.ualgary.ca/education/realise

Calendar: hbi.ualgary.ca/education/realise/current-modules

Email: realise@ualgary.ca