

**Virtual Mentoring and Networking Event, February 8, 2023
Mentor Topics and “Ask me about” Questions**

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Mentor	Title	“Ask me” About Topics
Dr. Anita Benoit , Assistant Professor, Department of Health and Society, University of Toronto	Frustrations, fears and failures: Building resilience, learning from setbacks	-Building resilience through lived experience -Overcoming failures and moving forward -Learning from setbacks
Dr. Christine Cassidy , Assistant Professor, School of Nursing, Dalhousie University	Doing health system implementation science on the tenure track	-Challenges and lessons learned about carving out an embedded science career with the health system while employed by a university -Benefits of co-created research -Concept of rigour vs. relevance in applied health research
Dr. Jenna Haverfield , Scientific Research Manager, Research Institute of the McGill University Health Centre	Non-linear career paths inside and outside academia: An international perspective	-Staying in academia or pursuing a career in another industry - what advice do you have? -Non-linear career paths in research: interdisciplinarity, having another career before becoming a researcher -How to make a move out of academia?
Dr. Joelle LeMoult , Associate Professor, Department of Psychology, University of British Columbia	Work-life balance on the journey from graduate school to tenure	-Working smarter, not harder. -Aligning your time with your priorities. -The power of the three Ds (do, dump, delegate)



<p>Dr. Kate Rossiter, Senior Manager of Provincial Services, Ending Violence Association of BC</p>	<p>From Phd to non-profit: Careers outside academia</p>	<ul style="list-style-type: none"> -How did you make the transition from academia to the non-profit sector? -What academic experience and skills were the most transferrable to your work in the non-profit sector? -What skills were you missing from academia that you needed to develop to succeed in the non-profit sector? -How have you maintained connections to academia while working in the non-profit sector, and how has your work benefitted from those connections? -What has been most rewarding about your career outside academia, and do you ever regret leaving academia?
<p>Dr. Melissa Tremblay, Assistant Professor, Department of Educational Psychology, University of Alberta</p>	<p>Community-based, feminist research that honors Indigenous worldviews</p>	<ul style="list-style-type: none"> -Conducting ethical community-based research -Balancing Indigenous perspectives and academic expectations -Co-creating knowledge for social change
<p>Dr. Paul van Donkelaar, Professor, School of Health and Exercise Sciences, University of British Columbia</p>	<p>Navigating difficult terrain: The nightmare breakout room</p>	<ul style="list-style-type: none"> -Deep breaths: surviving worst-case scenarios -Thinking about the big picture in the face of frustrations, fears, and failures
<p>Dr. Seija Kromm Assistant Scientific Director Maternal Newborn Child & Youth Strategic Clinical Network, Alberta Health Services</p>	<p>From Phd to government health services</p>	<ul style="list-style-type: none"> -What skills learned through research are transferable to working in the public service? -What was the biggest change or challenge in a new work culture -What networks or contacts were important for making the move from academia to government?



<p>Dr. Shiva Nourpanah, Director Programs and Stakeholder Relations, Nova Scotia Advisory Council on the Status of Women</p>	<p>Forging partnerships to advance research, programs and policy</p>	<p>-What skills developed through your graduate training are most useful to you in your current role? -Combining work in government and academia: benefits and challenges</p>
<p>Dr. Tihut Asfaw, Senior Policy Analyst, Health Canada tihut.asfaw@hc-sc.gc.ca [can share email]</p>	<p>From PhD to public service</p>	<p>What led you to a career in the public service? What advice do you have for trainees who are interested in government careers? Rewards and frustrations of working in government and towards better application of sex- and-gender-based analysis?</p>

