

Listing of All Events (more info on each event found below):

Career/Professional Development Events:

- [Winter Career Counseling Hours](#)
- [Strategic Communication Workshop Series—Session 1: Conflict Management](#)
- [Ashfield Healthcare Communications Info Session](#)
- [Postdoc Seminar Series](#)
- [Strategic Communication Workshop Series—Session 2: Negotiation and Emotional Intelligence](#)
- [Postdoc LinkedIn Group](#)
- [OPA Website](#)

Social Events:

- [Postdoc Coffee/Tea Hour—Morningside](#)

Career/Professional Development Events:

- **Winter Career Counseling Sessions**

Did you know that the Office of Postdoctoral Affairs offers one-on-one career counseling to postdocs? These individualized sessions are intended for you to discuss career-related topics such as career exploration strategies and how to initiate a job search inside or outside of Academia. Alternatively one could utilize this session to receive feedback on their CV, resume, and/or cover letter, or participate in a mock interview.

Winter Career Counseling Hours: Tuesdays, 11am-2pm and Wednesdays, 2:30pm-4:30pm. Please see <http://postdocs.columbia.edu/careerdevelopment.html> for instructions on how to sign up for a career counseling session. March sessions are now available for sign up.

- **Strategic Communication Workshop Series – Session 1: Conflict Management**

Conflict in the Lab; A day in the Life of a Postdoc: Concepts and Tools for Managing Interpersonal Conflict

Conflicts, small and large, arise frequently in work settings. Often, postdocs conduct their research in a group setting where resources, equipment, time and effort are limiting. Conflicts may appear over time spent on a piece of equipment (e.g. a tissue culture hood) or when a coworker fails to place an order for a reagent after they have used it up. Conflicts also may come about over hours spent in the lab or on taking a vacation which can greatly impact a postdoc's life. There are approaches to managing conflicts that postdocs would be well served to learn. These approaches would be helpful for postdocs to utilize while in their postdoctoral training as well as down the road when they are leading their own research group or are in another management type of position.

This 90 minute workshop, led by Joan Waters, the Ombuds Officer of Columbia University, will cover what conflict entails, sources of conflict, varying styles of conflict resolution, approaches to manage conflicts, strategies for having a difficult conversation, and tips for mitigating conflict when in a management role. The workshop will be interactive in nature with postdocs putting into practice conflict management techniques on typical conflicts that postdocs may encounter.

This conflict resolution workshop is the first workshop of a series of workshops focused on strategic communication that has been organized for this Spring. Other workshops in the series will be on negotiation, communicating strategically, self-promotion, and setting work-life boundaries.

Date: March 5th

Time: 12:00-1:30 PM – Lunch Provided

Location: Medical Campus, Russ Berrie Medical Pavilion, Room 1

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=76963>

- **Ashfield Healthcare Communications Info Session**

Ashfield Healthcare Communications will host an Information Session on Wednesday, March 11th, 2015 from 4:00 pm to 6:00 pm on the Columbia University Medical Campus in the Russ Berrie Medical Pavilion, Room 1. This will be a 2-hour information session inviting postdocs and advanced degree candidates from life sciences and the medical school to learn about Ashfield Healthcare Communications and the Medical Communications career opportunities within our agencies.

A slide deck will be presented to give an overview of the company and then will feature a Q&A time where postdocs/prospective grads may ask career path/day-in-the-life questions of the staff. The session will then wrap-up with informal networking time. Employees of Ashfield who are proud Columbia U. alumni and other organization representatives will provide testimonials on what their roles are like and their own educational and career paths in Medical Communications.

Ashfield, part of UDG Healthcare PLC, is an international healthcare services organization that redefines outsourcing. Their mission is to partner with our clients, improving lives by helping healthcare professionals and patients get the medicines, knowledge and support they need.

Ashfield Healthcare Communications, an Ashfield company, is a global leader in medical communications. They recruit the best and the brightest advanced degree grads in Life Sciences, PharmD's, MD's and post-doc grads as Medical Writers, Scientific Directors and Account Managers to provide the following services:

Publication Planning & Medical Writing
Scientific PR
Strategic Communications
Creative Services
Digital Strategy & Solutions
eLearning & Training
Healthcare Strategy Consulting
External Expert Programs
Live & Virtual Meetings
Medical Education

Date: Wednesday, March 11th

Time: 4-6 PM

Location: Medical Campus, Russ Berrie Medical Pavilion, Room 1

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=77054>

- **Postdoc Seminar Series**

A monthly seminar series given by Columbia University postdocs featuring:

A “TED” style talk - A 10-15 minute presentation designed for a broad audience. Lose the jargon and data rich slides and tell us the story of your research to convey its significance. This format is ideal for those on or soon to be on the job market.

A traditional research seminar – A 20-30 minute standard research seminar presentation. Set up the context of your research and then show us your experimental approach, data, and conclusions. We'll give you feedback and perhaps a perspective you had not thought of before.

To occur at noon on the 3rd Tuesday of each month - free lunch provided. All postdocs are encouraged to attend and learn about the research projects being undertaken by their Columbia postdoc peers.

**campus location, Morningside or Medical Campus, will vary based on speakers for session.*

****Our 4th session will take place Tuesday, March 17th featuring the following talks:**

Does alcohol really affect inhibition in the brain?

(TED-style talk)

By Rola Bekdash, *Department of Anesthesiology*

And

Untitled

(Traditional research seminar)

By Bryan Gibb, *Department of Biochemistry & Molecular Biophysics*

CUMC

Date: Tuesday, March 17th
Time: 12:00pm—1:00pm
Location: Hammer Building, room LL209 A/B

- **Strategic Communication Workshop Series Session 2: Negotiation and Emotional Intelligence Workshop**

This workshop will be led by Professor Robert (Bob) Bontempo of the Columbia University Graduate School of Business. Bob Bontempo's Negotiations Strategies has over the years been one of Columbia Business School Executive Education's most popular programs. Weaving logical reasoning and sometimes counter-intuitive approaches with the latest insights from behavioral science and psychology, Professor Bontempo offers a rigorous review of negotiation strategies and approaches.

Along with proven, demonstrably effective approaches to negotiation, the workshop will incorporate detailed discussions of decision heuristics and biases, mental traps, and related considerations, and how they impact negotiations and decision-making. Throughout the workshop, emphasis will be on reasoning clearly to identify stakeholder interests, to determine negotiation objectives and acceptable outcomes, and to conduct effective and ethical negotiations. During this 2 hour workshop, participants will integrate classroom learning and theory with real-world practice, and apply workshop concepts and insights in detailed role-play negotiation exercises and simulations.

Date: Friday, March 20th

Time: 12:15-2:15 PM. **Please arrive promptly.** Due to interactive nature of workshop, late arrivals will not be admitted. Lunch will be provided beginning at 12 PM.

Location: Medical Campus, P&S Building, Room 16-405

Registration: <https://calendar.columbia.edu/sundial/webapi/register.php?eventID=77222>

**** Space is limited to 50 attendees for this workshop, so please only register if you are certain you will be in attendance.

- **Office of Postdoctoral Affairs LinkedIn Group – Job ads and Career articles**

Do you have a LinkedIn account? If not, you should – networking is invaluable for landing the position you will seek following your training. If you do have a LinkedIn account, you should strongly consider joining the Columbia University Postdocs and Postdoc Alumni Group on LinkedIn. You can join the private group by searching for 'Columbia University Postdocs and Postdoc Alumni' under groups and submitting a request to join. The group has grown to 630 members, and beyond current Columbia Postdocs, there are also numerous Columbia Postdoc Alumni members that are employed across many different career sectors belonging to the group. The Office of Postdoctoral Affairs frequently receives position openings and job ads from employers both within and outside of Academia and we post these job ads exclusively on the LinkedIn group page. We also post relevant and timely career articles and pieces about the job market, professional and career development topics, and advice columns. Join the group today to start taking advantage of this great resource!

- **Office of Postdoctoral Affairs Website**

Did you know that the Office of Postdoctoral Affairs (OPA) maintains a website (<http://postdocs.columbia.edu/>) containing a wealth of information for postdocs? What types of information can be found on the OPA webpage? The Postdoc handbook with policies and procedures around being a postdoc at Columbia, the OPA monthly events calendar, funding opportunities, as well as career resources with listings of groups to join, webpages to browse, and job search sites to utilize. This is by no means an exhaustive list, so be sure to take a spin through the OPA webpage to see what information is most relevant and helpful to you. If you feel there are pieces of information that should be added to the OPA webpage that are not currently there, please let us know, as we are always looking to provide the most relevant and useful information to Columbia Postdocs.

Social/Networking Events:

- **Postdoc Weekly Coffee/Tea Hour – Morningside**

These coffee/tea hours are a great way for you to meet other postdocs and hear about upcoming events. The coffee/tea hour is informal and you can stop by for as long as you would like.

Morningside

Date: Thursday, March 5th
Time: 3:00PM – 4:00PM
Location: Schapiro (CEPSR), room 414