

Trainings and Workshops to Advance Biotech/Life Science Career

Emotional Intelligence Quotient

BioTrain workshops are offered free of charge to qualified registrants

This series of short (2.5 hours) workshops is designed to provide foundational skills for workers employed in biotechnology. They are prepared with industry guidance and are taught by industry experts.

Claiming Your Strengths and Continuous Learning

Claiming Your Strengths starts with the identification of your key strengths - what you love to do, and your weaknesses - what you hate to do. Strategies are then presented by which you can enhance your career by making learning a part of your work. Willingness to learn new skills is one of the most crucial qualities employers look for when hiring new team members.

Negotiations

In life, we all participate in negotiations from time to time, regardless of job title/industry. When viewed as problem-solving, negotiation moves from being a win-lose game to one of mutual benefit. Inspiring new ways of practicing negotiating in everyday interactions improves your chances of getting more of what you want while keeping it mutually beneficial.

Building Effective Networks

Almost everyone agrees that networking is important, but we often struggle to find the time and energy needed to build our networks. This workshop encourages you to think about networking as a critical part of how we get things done. You'll learn the downsides of having a homogenous network and the most effective ways to invest your time in building a broad, connective, and dynamic strategic network.

Communicating with Confidence

Many people think of confidence as a feeling. But in reality, it's a set of behaviors that you can change and improve over time. By acting confidently, particularly at the start of your career, you can influence how others perceive you and change how you feel about yourself. Hear expert insights and real-life examples on strategies to build your confidence from the outside in. Effective communication is critically important for career advancement and the top traits employers look for hiring or promoting.

Teamwork and Problem Solving

Learn innovative ways to improve your team's performance and problem-solving in this fast-paced workshop. Problem-solving as a team improves the chances of coming up with the best solution/result. Pick up essential skills to lead, build and motivate teams in the workplace. Engaged teams have lower turnover, greater profitability, higher productivity, and higher customer ratings than disengaged teams.

Managing Difficult Conversations and Conflicts

Tough talks can be awkward and unpleasant, but they are inevitable. Many conversations have significant outcomes. Because the stakes are so high, we fear the outcome, tend to put off the conversation, and are not adequately prepared for it. Turn potentially confrontational events into constructive dialogues to successfully navigate work and grow your potential.

Public Speaking and Overcoming Speaking Anxiety

Whether we're talking in a team meeting or presenting to an audience, we all have to speak in public from time to time. Speaking anxiety holds people back from applying for jobs, promotions, and much more. Learning how to tame adrenaline will allow you to take full advantage of opportunities to advance your career.

Building Resiliency and Adaptability

This topic is designed to build resilience, well-being, and optimism. These strengths-based prevention programs equip individuals with a set of practical skills that can be applied in everyday life to rapidly learn new skills and behaviors in response to changing circumstances, take actions to deal with challenges, problems, and setbacks, and meet the demands of their academic/work and personal lives successfully.

Effective Listening

Few skills are more valuable and practiced more poorly than listening. In today's high-stress world, communication is more important than ever; yet we devote less time to listening to one another. You will learn the pitfalls that interfere with effective listening and how to avoid them. Learn how solid listening skills can be a gift of time that helps build relationships, ensure understanding, solves problems, resolves conflicts, and means fewer errors, and reduction of wasted time.

Critical Thinking and Time Management

Improve your time management skills by sharpening your critical thinking skills. Critical thinking is the ability to organize information logically to make a reasoned judgment. Effective time management involves prioritizing tasks, setting goals, monitoring your progress, and avoiding procrastination. The ability to efficiently plan and control how you spend the hours of your day, you can accomplish goals within the time allotted.