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# PLUS+ TRAINING PROGRAM: Workshop and Seminar

MANOLO CASTELLANO

September 29, 2022

15:00 to 17:00

SMR

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**Seminar: Alternative careers for scientists: how to approach a future beyond academia**

**Workshop: Networking efficiently inside and outside academia**

The course will consist of 1-hour seminar followed by 2-hour workshop.

When you go to a meeting, do you feel lost and don't know how to interact with peers you don't even know?

Is networking really so important for your career?

Do you attend non-academic meetings and talks?

Associations, internships, volunteering, ... any advantages?

Do you use social media for your own professional benefit?

Why using social media?

Researchgate , Facebook, Twitter, LinkedIn , ... which one should you

Is my activity in social media important for job hunting?

During the seminar all these questions and many others related to the importance of networking will be discussed. We will talk about how to network efficiently inside and outside academia. We will also explore the pros and cons of using social media in professional environments.

During this workshop, we will combine individual and team work in order to learn tools to maximize our personal branding, network professionally and take advantage of the opportunities that LinkedIn and non-academic social media offer.

**Dates:** 29th of September, from 14:00-17:00

**Target Group:** PhD Students, post-doctoral researchers and research enginee

**Available places:** The seminar is open to all interested people. Registration is required to attend the workshop, as the number of available sits is limited.

**Trainer:**

Dr. Manolo Castellano

After obtaining his PhD in neurobiology at the Universidad de Sevilla in 2006, he moved to

the USA, where he focused his research on auditory synaptic physiology at the Rockefeller University and Stanford University. Back in Europe, he worked at the Universidad Miguel Hernandez in Elche, applying electrophysiological techniques to the study of pancreatic cell physiology and diabetes.

In 2017 he transitioned to science consulting, founding Carreras Científicas Alternativas, a platform devoted to guide science students and PhDs to find their professional path inside and outside academia. Manolo conducts training seminars and workshops related to professional careers, participates frequently in employability forums and runs a podcast about scientific careers where he interviews researchers who happily made their professional career transition beyond Academia. Manolo currently combines his career guiding activities with recruitment consulting for R&D companies at Talento Científico.

**How to register for this course:**

To attend the workshop, please, register through the following form: [Networking efficiently](#)

**Hosted by:** Academic Affairs