

2022 FLARE Workshop Schedule

TUESDAY, March 8, 2022

TIME	ONLINE SESSION
12:30 – 2:00 PM	<p>Welcome and FLARE Orientation <i>E. Dale Abel, MD, PhD</i> Learn more about the FLARE program pathways and how to get the most out of your FLARE experience.</p>

TUESDAY, March 15, 2022

TIME	ONLINE SESSION
4:00 – 5:00 PM	<p>Diversity in Science: Improving Equity, Conquering Bias <i>Sherri-Ann Burnett-Bowie, MD, MPH</i> Gain advice and specific strategies on how to address implicit bias and stereotype threats. Consider and practice ways to overcome imposter syndrome.</p>

THURSDAY, March 24, 2022

TIME	WORKSHOP SESSION
4:30 – 5:00 PM	Registration
5:00 – 6:00 PM	Welcome and Dinner
6:00 – 6:30 PM	<p>Finding Your Niche <i>E. Dale Abel, MD, PhD</i> Gain tips on how to define your own scientific “niche,” identify the right research opportunities, identify strategies for crafting outstanding research ideas, and how to choose the right faculty environment.</p>
6:30 – 7:30 PM	<p>Determining Where You Want to Go <i>E. Dale Abel, MD, PhD; Cherie Butts, PhD; Simon Rhodes, PhD; Leonor Corsino, MD</i> Learn from a panel of speakers about career options in academia, administration, industry, and government.</p>
7:30 – 8:30 PM	Finding Your Match! (Networking with Peers and Faculty)

FRIDAY, March 25, 2022

TIME	WORKSHOP SESSION
7:30 – 8:00 AM	Registration and Breakfast
8:00 – 10:00 AM	<p>Self-Awareness: The Key to Success in Life <i>Krista Kirk, SPHR, SHRM-SCP</i> Discover your personality type and leadership style including motivations, strengths, and stressors and how your style plays a role in teambuilding.</p>
10:00 – 10:20 AM	Networking Break
10:20 – 11:20 AM	<p>Communications: Selling Yourself and Your Science <i>Joshua Joseph, MD</i> Gain practical tips on communicating your science to different audiences</p>
11:20 -12:00 AM	<p>Difficult Conversations: Navigating Conflict to Resolution <i>Sherri-Ann Burnett Bowie, MD, MPH and Glenn Rowe, PhD</i> This session will teach and put into practice effective techniques for dealing with challenging situations that scientists encounter every day. The workshop will cover strategies around successful lab team management, giving and receiving scientific criticism, how to best handle negotiating for the needs of the lab, and conflict resolution.</p>
12:00 – 1:00 PM	Lunch
1:00 – 1:30 PM	Group Activity
1:30 AM - 2:30 PM	<p>Individual Career Development Plans: A Strategy for Success <i>Genevieve Neal-Perry, MD, PhD</i> Learn the importance of and tips on developing a strong individual development plan (IDP) based on your individual goals and career level. IDPs provide a structured career development tool that can be used to help identify and monitor short and long-term goals.</p>
2:30 – 3:15 PM	<p>Transitioning from PhD to Post-Doc <i>Dequina Nicholas, PhD</i></p>
Breakout Sessions (Choose One)	<p>Gain tips to make the transition after graduation as smooth as possible Optimizing the Transition from Fellowship to Your First Job: Secrets from the Other Side <i>Cherie Butts, PhD</i> Gain tips to make the transition to a faculty position as smooth as possible</p>

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FRIDAY, March 25, 2022	
TIME	WORKSHOP SESSION
3:15 – 4:00 PM	Demystifying the Job Search and Negotiations <i>Simon Rhodes, PhD and Yvette Huet, PhD</i> Learn how to build an effective resume/CV and tips on acing an interview for postdoctoral or research fellowship positions. Learn how to negotiate for faculty positions around items such as salary, benefits, lab space, equipment, staff, contract details, and teaching vs. research requirements.
Breakout Sessions (Choose One)	Starting up as a New PI: Lab Management and Team Building <i>Stephen Hammes, MD, PhD</i> Gain advice on how to maximize your first years as an independent investigator. Understand the similar and unique challenges of the first few years as a PI at several types of institutions. Identify strategies to optimize research productivity, personnel management, and funding as a new PI.
4:00 – 4:15 PM	Networking Break
4:15 – 5:00 PM	Time Management and Maintaining Balance <i>Lindsey Trevino, PhD</i> Gain practical advice on how to manage your time in and out of the lab. Discover the secrets to work-life balance and redefine career success.
	Evening on Your Own

SATURDAY, March 26, 2022

TIME	WORKSHOP SESSION
8:00 -9:30 AM	Individual Career Development Presentations, Part 1 <i>Genevieve Neal-Perry, MD, PhD</i> Participants will report out and receive faculty feedback on their short-term and long-term goals.
9:30 – 11:00 AM	Individual Career Development Presentations, Part 2 <i>Genevieve Neal-Perry, MD, PhD</i> Participants will report out and receive faculty feedback on their short-term and long-term goals.
11:00 – 11:20 AM	Networking Break
11:20 AM – 12:20 PM	Grantsmanship Overview <i>Stephen Hammes, MD, PhD</i> Learn key elements in crafting a strong proposal, review a sample proposal that was funded, and discuss strategies for revising and re-submitting non-funded proposals.
12:20 – 1:20 PM	Lunch
1:20 – 2:10 PM	Mock Study Section <i>Stephen Hammes, MD, PhD</i> Gain insight into the grant review process. Learn tips from the experts on what reviewers look for in a successful grant application.
2:10 – 3:00 PM	Building Collaborations: Team Building Group Activities <i>Leonor Corsino, MD</i> Learn strategies to building and maintaining high-performing collaborative research teams through teamwork exercises that strengthen interpersonal skills and communication.
3:00 – 3:30 PM	Mentorship: When, Where, and What's Next <i>Dequina Nicholas, PhD; Lindsey Trevino, PhD; and Joshua Joseph, MD</i> Learn from an expert panel on how to select a good mentor, be a good mentee, change mentors with minimal conflict and become a strong mentor to others
3:30 PM	Staying Connected, Wrap Up, and Evaluation <i>E. Dale Abel, MD, PhD</i>