

# Postdoc Appreciation Week (PAW)

## Collaborative Offerings 2026

### Pre-PAW events schedule

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| <b>Monday Sept 14 - Friday Sept 18</b> | <p><b>Postdoc Appreciation Week events (CAPS)</b></p> <p><b>Institution:</b> Canadian Association of Postdoctoral Scholars (CAPS)<br/> <b>Time:</b> Monday September 14 – Friday September 18</p> <p><b>Description:</b> PAW is an annual global celebration to recognize the hard work and significant contributions that postdocs make to research, innovation and teaching. Each year CAPS hosts a range of free events for postdocs, we hope you join us for the celebrations!</p>                                                                                                                     | <p>Register for CAPS events<br/> <a href="#">CLICK HERE</a></p> |
| <b>Wednesday Sept 16</b>               | <p><b>Crafting your LinkedIn profile for job search and career success</b></p> <p><b>Institution:</b> Toronto Metropolitan University (Ketan Marballi)<br/> <b>Time:</b> 12-1:15 EST</p> <p><b>Description:</b> Crafting your LinkedIn profile for Career Success and Job search<br/>         LinkedIn is far more than just a digital resume—it's a powerful platform for discovering jobs, connecting with industry professionals, and showcasing your unique expertise. In this virtual session and live demo you will learn how to transform your profile strategically to accelerate your career.</p> | <p>Registration Link<br/> <a href="#">CLICK HERE</a></p>        |



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| <b>Monday<br/>Sept 21</b>  | <p align="center"><b>Beyond the Postdoc: Building Career Literacy for Canada's Research Talent</b></p> <p><b>Institution:</b> University of Lethbridge<br/><b>Time:</b> 1:30-2:30pm (MST) (11:30-12:30pm EST)</p> <p><b>Description:</b> You know how to design research projects, analyze complex problems, secure funding, mentor students, and contribute new knowledge to your field. But how much time have you spent learning how careers actually work? As we launch Postdoctoral Appreciation Week, join us for an engaging and interactive session focused on career literacy: understanding the often-unwritten rules that shape career development, professional opportunities, and long-term success. Whether your future includes academia, industry, government, policy, entrepreneurship, research administration, or a path you haven't discovered yet, this session is designed to help you better understand how opportunities emerge, how employers assess talent, and how to recognize and communicate the tremendous value of your postdoctoral experience. Together, we'll explore:<br/>Why careers are rarely linear How to identify and articulate your transferable skills The role of networking, mentorship, and professional communities How opportunities are created through relationships and exploration Practical approaches to evaluating and navigating career options Strategies for becoming a more informed and confident career decision-maker This isn't a session about choosing one "right" career path. It's about developing the knowledge, perspective, and tools to navigate a wider range of possibilities while making informed decisions about your future. The session will be facilitated by Megan Hébert, Graduate Student Engagement Manager for the School of Graduate Studies and PhD candidate, whose work focuses on supporting graduate student and postdoctoral professional development, career literacy, and career exploration. Join us to connect with fellow postdoctoral scholars, reflect on the strengths you've developed through your research journey, and kick off Postdoctoral Appreciation Week by investing in one of your most important assets: yourself. 🚀💡</p> | Zoom Link<br><a href="https://uleth.zoom.us/j/9867131456">https://uleth.zoom.us/j/9867131456</a>                               |
| <b>Tuesday<br/>Sept 22</b> | <p align="center"><b>Navigating a Career After the Postdoc: Lessons from Professionals in Entrepreneurship, Academia, and Industry</b></p> <p><b>Institution:</b> University of Saskatchewan<br/><b>Time:</b> 12:00-1:30 CST (Saskatoon time) (1:00-2:30pm EST)</p> <p><b>Description:</b> Wondering how best to navigate that transition from postdoc fellowship to a career beyond? Hear from professionals (some former postdocs themselves) who are currently excelling in their fields of academia, entrepreneurship, and industry. They will answer your most pressing questions in a panel discussion, where they will also share strategies, resources, tips, and valuable advice on navigating your career after the postdoc.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Zoom link<br><a href="https://usask-ca.zoom.us/j/9K0wQVWHTPOEi8A3j0mwlQ">https://usask-ca.zoom.us/j/9K0wQVWHTPOEi8A3j0mwlQ</a> |

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| <b>Tuesday<br/>Sept 22<br/>(Con't)</b> | <p><b>Better Job talks</b></p> <p><b>Institution:</b> Present Better (Andrew Churchill)<br/> <b>Time:</b> 3:00-4:00pm EST</p> <p><b>Description:</b> Your Job Talk might just be the most important presentation you'll ever do. But the audience and purpose, and therefore execution, are different from all the other talks you've ever done. Andrew will spend 30 minutes introducing you to some of those key differences and sharing techniques to help you meet them. The floor will then be yours for questions and further conversation.</p>                                                                                                                                                                                                                                                                                                                                                 | <p>Registration link<br/> <a href="#">CLICK HERE</a></p> |
| <b>Wednesday<br/>Sept 23</b>           | <p><b>From What You Have to Where You Want to Go</b></p> <p><b>Institution:</b> University of Regina, Wendy Forsberg, Student Experience Coordinator<br/> <b>Time:</b> 12:00-1:00pm SK time (1:00-2:00pm EST)</p> <p><b>Description:</b> From What You Have to Where You Want to Go: Turning Graduate Work into Peer-Reviewed Conference Papers and Articles How can the work you have already completed become the foundation for what comes next? This seminar will explore how to transform papers, theses, and dissertations into seminars, conference papers, journal articles, and other scholarly publications. It will also address the realities of the publication process, including feedback, revision, and navigating rejection.<br/> Contact: <a href="mailto:grad.engagement@uregina.ca">grad.engagement@uregina.ca</a></p>                                                            | <p>Registration link<br/> <a href="#">CLICK HERE</a></p> |
|                                        | <p><b>The Science of Focusing on What Really Matters (Dr. Joe Kim)</b></p> <p><b>Institution:</b> <a href="#">McCall MacBain Postdoc Program</a> (Hybrid Offering)<br/> <b>Time:</b> 1-2pm EST networking lunch in person (open to all postdocs)<br/> 2-4pm EST talk (online or in person)</p> <p><b>Description:</b> How to prioritize, organize and navigate priorities to maximize your productivity. Prioritization and organization of information, commitments and projects are daily aspects of any academic's life. Informed by best practices in Education and Cognition, Dr. Joe Kim will inform the conversation with practical and applicable strategies to help any leader succeed. This session is being offered by the McCall MacBain Postdoctoral Fellows Teaching and Leadership program<br/> Contact: Katie George <a href="mailto:georgk8@mcmaster.ca">georgk8@mcmaster.ca</a></p> | <p>Registration link<br/> <a href="#">CLICK HERE</a></p> |
| <b>Thursday<br/>Sept 24</b>            | <p><b>Mitacs Information Session</b></p> <p><b>Institution:</b> MITACS<br/> <b>Time:</b> 10:00am Pacific Time</p> <p><b>Description:</b> Join Mitacs Business Development Advisor Anastasiya (Ana) Boika for an informative session on Mitacs program offerings. Mitacs is a national not-for-profit</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p>Registration Link<br/> <a href="#">CLICK HERE</a></p> |



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| Thursday<br>Sept 24<br>(Con't) | <p>which offers co-funding for collaborative research and innovation projects with eligible partners both in Canada and abroad, as well as funding for international academic collaborations. The session will cover how Mitacs funding works, what the eligibility criteria is for each program, and what to expect from the application process.<br/>Contact: <a href="mailto:postdocadmin@uvic.ca">postdocadmin@uvic.ca</a></p>                                                                                                                                                                                                                                                   |                                                         |
|                                | <p><b>From CV to Resume</b></p> <p><b>Institution:</b> McMaster University (Catherine Maybrey, Coordinator, Office of Postdoctoral Affairs and Research Training)<br/><b>Time:</b> 12-1pm EST</p> <p><b>Description:</b> Whether you already have a polished resume or are just wrapping your head around turning that 8-page CV into an effective career-building-tool, you'll want to check out this session. We'll go through the basics, provide you with resources for writing/editing your documents, and answer as many questions as we can during our time together.<br/>Contact: <a href="mailto:postdoc@mcmaster.ca">postdoc@mcmaster.ca</a></p>                           | <p>Registration Link<br/><a href="#">CLICK HERE</a></p> |
|                                | <p><b>Inside the Hiring Process: Meet the Decision Makers</b></p> <p><b>Institution:</b> University of Toronto, BIOhubnet (Yeseul Lee, Advanced Skills Development Lead)<br/><b>Time:</b> 1:00-4:00pm EST</p> <p><b>Description:</b> An exclusive virtual series connecting HQP with hiring managers and HR leaders from Canada's biomanufacturing and life sciences sector. Learn about company culture, hiring processes, current and future talent needs, and what employers look for in candidates through company showcases and live Q&amp;A.<br/>Contact: <a href="mailto:Yes.lee@utoronto.ca">Yes.lee@utoronto.ca</a></p>                                                     | <p>Registration Link<br/><a href="#">Click Here</a></p> |
| Friday<br>Sept 25              | <p><b>Your Resume, Your Voice: Working Smarter with AI</b></p> <p><b>Institution:</b> Western University (Mihaela Harnos, mharnos@uwo.ca, Postdoctoral Services Manager)<br/><b>Time:</b> 12:00-1:00pm EST</p> <p><b>Description:</b> AI can be a powerful tool for developing and tailoring a resume—but only when used thoughtfully. This workshop explores how to use generative AI effectively, from translating complex academic experiences into employer-focused language, to tailoring content for specific opportunities. But rather than rely on AI to do the work, you'll learn how to present yourself authentically, while maintaining your own professional voice.</p> | <p>Registration link<br/><a href="#">Click Here</a></p> |



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