
Training

Training opportunity for early-career researchers

- We would like to invite you to a next series of workshops for early-career researchers (postdocs, research assistants, etc.) scheduled for **spring 2025**.
- These **topics are relevant across various fields**, so we believe they will be beneficial regardless of your specialization. They will help you acquire new skills and establish new connections.
- The topics were selected based on the [European Competence Framework for Researchers](#) .
- The workshops are primarily aimed at postdocs at CUNI. However, some topics are also open to PhD students. Please pay attention to the registration details and select the appropriate workshop option.
- All workshops are **in English**, but they are open to everyone, not just our international colleagues.
- The workshops will take place at the **Kampus Hybernská**, and some will also be available **online** – please select the correct option at your registration.

You can choose from the following topics (chronologically):

Open Science – 12. 3. 2025, 14:00–16:00 – online + offline

Lecturer: **Mgr. Dagmar Hanzlíková, Ing. Milan Janíček** from Open Science Support Centre, Central Library of Charles University

Venue: **Kampus Hybernská A3+ online**

This workshops will introduce the basic principles of open science practices. The OS paradigm will be presented. The attendees will learn about different strategies how to provide open access to their publications and how to make their work reusable. Furthermore, the module will cover the basics of copyright and licensing with a particular focus on Creative Commons licenses.

Well-being for Academics – 18. 3. 2025, 14:00–18:00 – online

Lecturer: **PhDr. Jana Kočí, Ph.D.**

Venue: **online**

This half-day online workshop offers a comprehensive approach to enhancing well-being within academia, with a focus on postdoctoral researchers and early-career academics. Participants will explore the current state of well-being globally and locally, engaging in interactive discussions to define well-being and learn evidence-based methods for its measurement. The workshop delves into a new theory of well-being, addressing its core components, so-called building blocks of well-being. Through a blend of theoretical insights and practical strategies, attendees will reflect on actionable steps to enhance their positive emotions, engagement, relationships, meaning, achievement, physical health, mindset, environment, economic security, and authenticity. The session culminates with best practices for fostering academic mental health and integrating well-being into university life. Facilitated by PhDr. Jana Kočí, Ph.D., this workshop connects science and experience to provide tools for flourishing in an academic environment.

Building and Managing Research Groups for Postdocs – 26. 3. 2025, 15:00–19:00 – offline

Lecturer: **Czexpats in Science**

Venue: **Kampus Hybernská A3**

Building up on the aspect of leadership, covered in the previous session, this workshops will delve into other critical elements of running a research group, such as attracting and hiring the right people, time & resources management, self-management, or dealing with administrative staff. The session will also address the crucial aspect of achieving work-life balance, ensuring postdocs can successfully build and lead research groups while maintaining a healthy equilibrium in their personal and professional lives.

Research Data Management – **2. 4. 2025, 14:00–16:00 – online + offline**

Lecturer: Mgr. Dagmar Hanzlíková, Ing. Milan Janíček from Open Science Support Centre, Central Library of Charles University

Venue: **Kampus Hybernská A3 + online**

The attendees will learn how to manage their research data in accordance with the FAIR principles and how to develop a data management plan. They will also learn how to make their research outputs reusable and how to responsibly share their research data in line with the principle “as open as possible, as closed as necessary.”

Time Management for Researchers – **8. 4. 2025, 9:00–13:00 – online**

Lecturer: PhDr. Olga Běhounková, Ph.D.

Venue: **online**

The aim of the workshop is to get acquainted postdocs with the procedures and tools of time management, to recognize “time thieves” and eliminate them. Attention will be given to the time management matrix with quadrants of importance and urgency, a time management system focused on the ability to effectively plan time and better manage one’s goals and roles in work and personal life.

Science Communication – **9. 4. 2025, 14:00–16:00 – offline, 13. 5. 2025, 13:00–15:00 – online**

Lecturer: Ing. Bc. Pavla Hubálková, Ph.D.

Venue: **Kampus Hybernská A3 + online**

How do you best communicate your research? Science communication has many forms and options; just choose the one you enjoy the most. However, the world of science and the media differ in many ways. It is good to know what (not) to do, how to prepare for an interview, and how to communicate effectively with various audiences.

Various Career Pathways in Research – **16. 4. 2025, 14:00–17:00 – offline, 7. 5. 2025, 14:00–17:00 – online**

Lecturer: Mgr. Kateřina Cidlinská, Ph.D.

Venue: **Kampus Hybernská A3 + online**

The aim of the workshop is to provide participants with an overview that can be used to make informed decisions about where to go after a PhD. Into academia or somewhere else? And for what types of jobs and working positions? Pros and cons and specifics of the various paths will be discussed.

In the workshop, participants 1) will learn about professional paths of PhD holders from various research fields (SSH - social sciences and humanities and STEM - science, technology, engineering and mathematics) and their use of PhD study experience also in non-academic careers; and 2) have a time to think about their own priorities regarding their professional lives.

The workshop will combine lecture blocks and group and individual activities. Lecture blocks will present findings from quantitative and qualitative research dedicated to professional paths of PhD holders in academic and non-academic careers. Group and individual activities will focus on identifying participants’ own priorities related to their professional future and linking these priorities to various options of concrete career paths.

Valorize Your Research Idea – Lean Canvas – **23. 4. 2025, 14:00–16:00 – offline**

Lecturer: Martin Vitek, MBA

Venue: **Kampus Hybernská A3**

A practical workshop focused on fast and effective project planning using the Lean Canvas method. Together we will explain how the Lean Canvas works, go through the individual parts and try out its use on your specific examples. You will learn how to clearly define the key aspects of your project, identify risks and prepare the idea for the first steps towards implementation.

Introduction to R – **30. 4. 2025, 14:00–18:00 – offline**

Lecturer: **Mgr. Lucie Hošková**

Venue: **Ústřední knihovna, místnost 216**

A half-day session aiming to introduce the basics of the R scripting language. This open-source language is a simple yet efficient tool capable of performing high-level statistical analysis, data visualization, data mining, and overall data analysis.

The workshop is designed for both absolute beginners and false beginners who lack the knowledge of the basic workings of R that are needed to work effectively with R at higher levels.

At the end of this session you will be able to use the basics of R through R Studio, load your data, check it, edit it, and perform indexing on it, so that after a short self-study you will be able to perform effective data analysis, including creating graphs, tables, and statistical outputs.

No previous knowledge of programming or working with R is required.

Citizen Science – **14. 5. 2025, 14:00–16:00 – online + offline**

Lecturer: **Mgr. Michaela Lebedová**

Venue: **Kampus Hybernská A3 + online**

Citizen science represents an innovative approach to scientific research that actively involves the general public. This workshop will introduce the core principles of citizen science, the different types of citizen science projects, and practical strategies for engaging the public. Participants will have the opportunity to reflect on their project plans in terms of utilizing citizen science tools and gain inspiration from successful examples of projects that demonstrate how citizen science can be used not only as a tool to support open research.

You can see the details of the workshops by clicking on them.

Registration is available through the CU [Educational Portal](#) .

We are also planning to organise these workshops in the future:

- Writing an Excellent Scientific Article
- Writing a Successful Grant Proposal
- The Art of Negotiation
- Becoming a peer reviewer for articles and proposals
- Impact of science on policy and society – UN Sustainable Development Goals
- Self-management towards independence in research
- Dealing with stress
- Futures thinking
- Systematic Creative Thinking: Tools for Success
- Effective Problem-Solving and Decision Making

Here , you can see which workshops we have organised in the past.

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