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# Open Science, Well-Being, and Research Group Leadership: Skills Developed in March Workshops for Postdocs

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31 March 2025

In March, the Postdoctoral Hub organised three more workshops aimed at developing both soft and hard skills for early-career researchers at Charles University. The workshops **Open Science**, **Well-Being for Academics**, and **Building and Managing Research Groups** are part of the spring training series, designed based on the European Competence Framework for Researchers. The series aims to enhance the skills of junior researchers across disciplines while also fostering new professional connections.

The first March workshop, **Open Science**, was led by lecturers from the Central Library of Charles University, Mgr. Dagmar Hanzlíková and Ing. Milan Janíček. It covered the fundamental principles of open science, copyright and licensing, and different strategies for researchers. You can read more about the open science workshop [here](#).

The **Well-Being for Academics** workshop was designed for postdoctoral researchers at Charles University by PhDr. Jana Kočí, Ph.D., a professional expert in this field. This four-hour session with early-career researchers focused not only on the theoretical aspects of well-being but also on the practical side of mental health and stress management. Participants engaged in hands-on exercises and gained useful tips on how to take care of their mental well-being in their daily academic lives. "I would definitely recommend the workshop. Academics are in dire need of improving their well-being, and this workshop helps in theoretical and practical way," one participant commented.

The last March workshop took place at Hybernská Campus, where postdocs interested in research group leadership gathered. The interactive session, **Building and Managing Research Groups**, was facilitated by Czexpats in Science. Throughout the afternoon, participants explored the process of building a research team – defining needs, recruiting new members, and successfully onboarding them as well. The participants not only received valuable advices from Czexpats experts but also shared their experiences, exchanged tips, and engaged in discussions.



The workshop also provided a unique opportunity for participants to reflect on their personal ambitions and career trajectories. They encountered different perspectives and personal stories about the transition from postdoc to principal investigator (PI) and took part in practical exercises. "An absolutely outstanding programme in every aspect. Excellent quality of both trainers and participants," one attendee praised the session.

These workshops are organised by the Postdoctoral Hub at Charles University as part of the **spring training series** for early-career researchers. Participants can choose from a total of 10 specialised sessions based on the [European Competence Framework for Researchers](#). All workshops are conducted in English and are open to all interested researchers, not just our international colleagues. **You can find a full list of upcoming sessions** [here on the Postdoctoral Hub website](#).

To stay updated on future workshops and other news, follow us on [Bluesky](#) and [LinkedIn](#) !

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