

## ORGANISATIONAL AND PERSONAL SKILLS

### How to be an effective Researcher

FEBRUARY

Audience: PhD Students

### Creativity

FEBRUARY

Audience: All

### Leadership in Action

MARCH

Audience: Postdocs

### Graduate School

APRIL

Audience: PhD Students

### From Science to Business

JUNE

Audience: Postdocs

### Internal Communication

JUNE

Audience: Administration

### Research Management for Senior Researchers

JUNE

Audience: Senior Postdocs

### Self awareness-Stress Management (Soft Skills)

JULY

Audience: Postdocs  
and other research profiles

### Stress Management

SEPTEMBER - OCTOBER

Audience: Administration

### Scientific Oral Presentations

SEPTEMBER

Audience: PhD Students

### Scientific Careers - Postdocs

SEPTEMBER

Audience: Postdocs

### How to do a CV - Scientific careers Inside and Outside Academia

OCTOBER

Audience: PhD students

## SCIENTIFIC KNOWLEDGE

### Open Knowledge Programme

JAN-DEC

Audience: All

### OKP: Biolab Facility: Overview of Characteristics, Equipment & Service

MARCH

Audience: All

### OKP: Zetasizer Nano ZS: DLS and Zeta Potential theory and analysis of results

MARCH

Audience: All

### OKP: Molecular spectroscopies, optical microscopy and other physical techniques for the physicochemical characterization of micro/ nanomaterials: a general overview

MARCH

Audience: All

### OKP: Surface analysis using molecular spectroscopies: PM-IRRAS and microspectroscopy

MARCH

Audience: All

### OKP: X-ray Diffraction Facility at ICN2: Overview on tools and processes

MARCH

Audience: All

## JOB-RELATED SKILLS

### Teams/One Drive

JANUARY-FEBRUARY

Audience: All

### Horizon Europe

FEBRUARY

Audience: Group Leaders, Senior Researchers and Proposals writers, PhD Students

### Open Science

FEBRUARY

Audience: All

Increase your science dissemination skills: A hands-on workshop with a special focus on YouTube

MARCH

Audience: Researchers

### Scientific Writing

MARCH-APRIL

Audience: PhD Students

### Research Integrity

MAY

Audience: Postdocs and other research profiles

### Project Impact

OCTOBER

Audience: Postdocs

### Project Management

NOVEMBER

Audience: Postdocs

### Grants

DECEMBER

Audience: Postdocs

## HEALTH AND SAFETY

Safety ergonomics (in labs and VDU stations)

QUARTERLY STARTING IN FEBRUARY 2021

Audience: Lab Staff and Workstation users

Laboratory safety and risk perceptions

QUARTERLY STARTING IN MARCH 2021

Audience: Lab Staff

### First aid training

2 EDITIONS / YEAR

Audience: All

### Laser Safety Training

JULY

Audience: Staff working near laser systems (3R, 3B, 4) or intense light sources

Fire and Emergencies Awareness. Extinguisher Training

2 EDITIONS / YEAR

Audience: Staff handle compressed gases and cryogenic materials

## LANGUAGES

### Email Communication

FEBRUARY

Audience: Administration

ICN2 Languages (Spanish, Catalan)

MARCH - DECEMBER

Audience: All

ICN2 Languages (English)

MARCH - DECEMBER

Audience: All

### Thesis Defense

MARCH - DECEMBER

Audience: PhD students