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Building and Maintaining a Support Network

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This workshop will teach you how to cultivate your personal and professional network. Participants will: (a) identify their current network, reflect on what is missing, and think of new strategies of building and maintaining a support network for the rest of their career; (b) have the opportunity to distinguish between a mentor, an advisor, and a sponsor which are fundamental in the building of your network; and (c) learn how to introduce themselves in one minute. Finally, this interactive session will have guided small group activities to help attendees in the identification of new mentors and sponsors back at their home institutions and promote interaction and collaborations among attendees to pinpoint future mentors to expand their network.