

TRAINEE WORKSHOP
Banff Centre for Arts and Creativity
Banff, Alberta

DRAFT AGENDA – last updated Feb 9, 2026

SATURDAY, MAY 23, 2026

09:00 - 10:00am **OVERVIEW OF CanSTAR / INTRODUCTIONS / OVERVIEW**

M: Elnaz

1) RESEARCH ARTISTRY: DRAW YOUR RESEARCH

Trainees sketch a simple visual representation of their research while others try to guess the topic. A fun way to spark conversation, creativity, and connection.

2) INTRODUCING RESEARCH ROULETTE: WHAT DO YOU WORK ON?

Trainees write their name and a few keywords or a short phrase describing their research on a note and post on themed boards to highlight shared interests, spark conversation, and facilitate networking.

10:00 - 12:00pm **PATIENT ENGAGEMENT – JOINT SESSION**

A) OVERVIEW OF PATIENT ENGAGEMENT

B) WHAT DOES PATIENT ENGAGEMENT MEAN TO YOU?

C) IMPLEMENTING PATIENT ENGAGEMENT STRATEGIES

12:00 - 1:00pm **LUNCH & RESEARCH ROULETTE CONT'D**

1:00 - 2:15pm

M: Kenny

FINDING YOUR RESEARCH VOICE: WHAT TO SAY, HOW TO SAY IT, AND WHY IT MATTERS

Learn how to clearly and confidently tell your research story for grants. This session focuses on writing strong *Most Significant Contributions* and navigating the CIHR Narrative CV to highlight impact and relevance. Hear from a Post-Doc about how you can align with DORA (Declaration on Research Assessment) principles and lessons learned from doing a Tri-Agency CV. Project managing your career and taking the next step, building confidence along the way.

2:15 - 2:30pm

BREAK

2:30 - 3:00pm

M: Elnaz

RESEARCH ROULETTE: WHAT DO YOU WORK ON?

Trainees will visit themed boards to discuss shared interests, spark conversation, and network.

3:00 - 4:00pm

M: Anthonia

LIFE AFTER THE DISSERTATION: EXPLORING CAREER PATHWAYS

This session introduces trainees to diverse career options beyond the dissertation, with a focus on translating research skills into meaningful and flexible career paths.

M: Anthonia

Closing Remarks and Summary of the Day

4:00- 5:00pm

CONNECTING MINDS

Connecting Minds is a welcoming space for early career researchers, senior researchers, trainees, research coordinators, and people with lived experience of stroke to connect and exchange ideas. Come meet new people, share perspectives, and explore opportunities to collaborate toward meaningful impact in stroke research and care.