

Trainee Workshop

Banff Centre for Arts and Creativity
Banff, Alberta

SATURDAY, MAY 23, 2026

09:00 - 10:00am

INTRODUCTIONS BY CO-CHAIRS, OVERVIEW OF CanSTAR

Moderator:
Anthonia Aina
Ada Tang

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

ENGAGEMENT IN RESEARCH (Joint Session)

A) OVERVIEW OF PWLE ENGAGEMENT

Speaker Panel: Michelle Nelson, Ada Tang

Historical overview of how PWLE Engagement has evolved over the last 5-10 years and the many roles PWLE play (i.e. advocate, collaborator, advisor) and how this has impacted design of trials.

B) OPPORTUNITIES, CHALLENGES, AND PERSPECTIVES ABOUT PWLE ENGAGEMENT: ASPIRATIONS TO OPERATIONS

Speaker Panel: Shannon Bayluk (PWLE), Kevin Moncion (ECR), Elise Wiley (Trainee), Jill Williamson (Research Coordinator)

Moderator: Patrice Lindsay

In this session, you will hear what Engagement means and how it is applied from panel members representing different perspectives, following by a Q&A session.

C) DESIGNING AND IMPLEMENTING PWLE ENGAGEMENT STRATEGIES

In small groups, with at least one representative from each of the 4 workshops, groups will discuss a specific topic surrounding a real-life example of PWLE Engagement considerations.

Moderators: Kevin Moncion & Elise Wiley

12:00 - 1:00pm

LUNCH

1:00 - 2:15pm

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

Moderator:
Ada Tang

Speakers: Parneet Jaggi (University of Calgary Grant Development Office) & Jordan Lee (Post-Doc, University of Calgary)

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.

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2:15 - 2:30pm	BREAK
2:30 - 3:00pm	RESEARCH ROULETTE: WHAT DO YOU WORK ON? Trainees will visit themed boards to discuss shared interests, spark conversation, and network.
3:00 - 4:00pm Moderator: Anthonia Aina	LIFE AFTER THE DISSERTATION: EXPLORING CAREER PATHWAYS Speaker Panel: Parneet Jaggi (University of Calgary Grant Development Office), Taylor Low (Alberta Innovates), Adria Quigley (Principal Investigator, Dalhousie) This session introduces trainees to diverse career options beyond the dissertation, with a focus on translating research skills into meaningful and flexible career paths.
Moderator: Anthonia Aina	Closing Remarks and Summary of the Day
4:00 - 5:00pm	Indigenous Engagement Workshop Speakers: Alexandra and Malcolm King
5:00- 6:00pm	CONNECTING MINDS (Sponsored by Alberta Innovates) <i>Connecting Minds</i> 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.

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