

Canadian Stroke Congress  **Congrès de l'AVC**
Trainee Workshop

Banff Centre for Arts and Creativity
Banff, Alberta

SATURDAY, MAY 23, 2026 – Kinnear Centre

8:30am KC 101-103	Welcome Breakfast
09:00 - 10:00am KC 301 Moderator: Anthonia Aina Ada Tang	Introductions By Co-Chairs, Overview of CanSTAR 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 KC 303	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 (KC 101-103)
1:00 - 2:15pm KC 301 Moderator: Ada Tang	Finding Your Research Voice: What To Say, How To Say It, And Why It Matters 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 <i>Most Significant Contributions</i> 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.

Hosted by:



2:15 - 2:30pm

BREAK

2:30 - 3:00pm

KC 301

Research Roulette: What Do You Work On?

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

3:00 - 4:00pm

KC 301

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

4:15 - 5:15pm

KC 303

Indigenous Engagement Workshop

This session will provide researchers, trainees, clinicians, policy makers and people with lived and living experience with a foundational overview of Indigenous history shaping current realities for First Nations, Métis and Inuit in Canada, as well as non-Indigenous Canadians, including Indigenous inherent rights, meaningful land acknowledgements, Indigenous data sovereignty and cultural safety, with an emphasis on respectful engagement in health research and patient partnership contexts.

Speakers: Alexandra and Malcolm King

5:15- 6:00pm

KC 101-103

CONNECTING MINDS (Supported by Alberta Innovates)

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.

Hosted by: