

PRBB Intervals
Continuing Professional
Development Programme

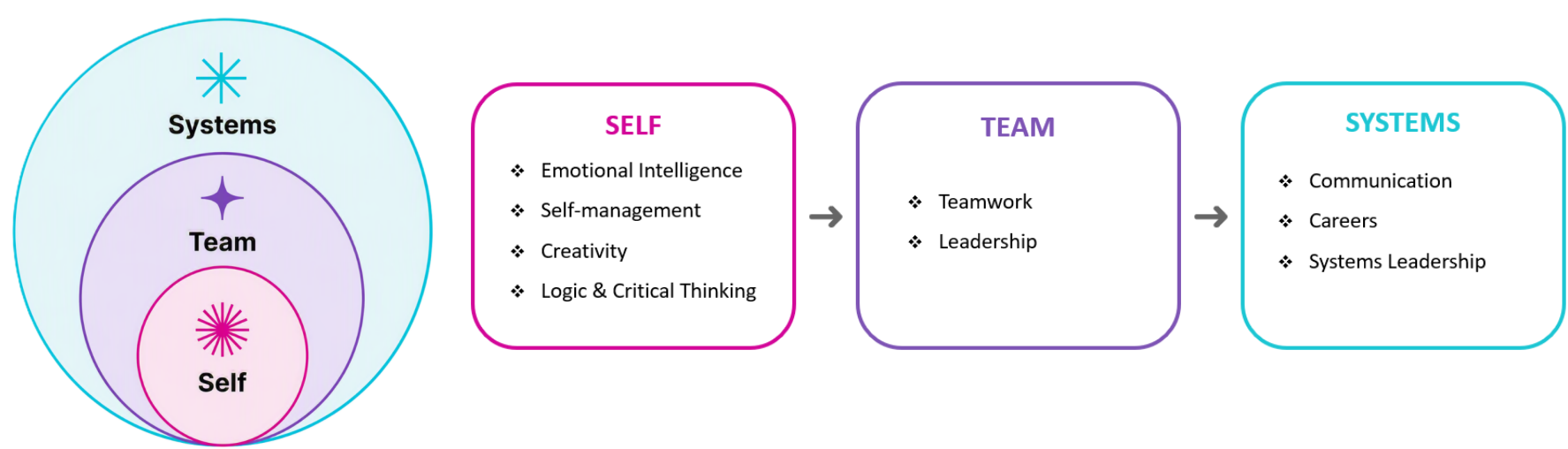


A Space for Reflective Learning

PRBB Intervals programmme

The overall vision of the Intervals programme is to help staff in PRBB centres develop their skills for working in complex spaces and across boundaries, in science and beyond.

The programme is flexible and modular, allowing participants to shape a learning and development pathway that reflects their career stage, interests, and individual needs. Intervals workshops are grouped into three core learning areas: Self Skills, Team Skills, and Systems Skills.



Self Skills

The work of inner growth is a lifetime's journey but friendly guidance can help us develop our capacity to act in an uncertain world. The *Self* learning area of the Intervals programme gives participants a chance to reflect and work on their inner capacities.

Team skills

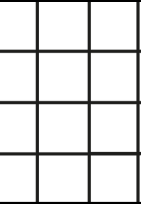
The purpose of the *Team* learning area is to help PRBB staff enhance their leadership skills and their capacity to work effectively in teams and small groups. Workshops address many aspects of how we develop and maintain relationships with others, including: team working, project management, conflict management and negotiation, team selection and others.

Systems skills

Understanding and working in complex systems is a key skill for science professionals. Under the *Systems* learning area, staff can develop their skills for interacting with and navigating the complexities of both the research system and the world beyond academia.

Who is the programme for?

Because of the transversality of the learning topics, the Intervals programme is open to the entire PRBB community. Some workshops are tailored to specific career stages or levels of experience to ensure a supportive learning environment and maximise participant benefit. Details about the target audience for each workshop are available on the course webpage.



Trimesters and registration periods:

The Intervals programme is structured into three periods:

- 1. January - Easter
- 2. Easter - mid-July
- 3. September – December

Registrations open at least one month before each period, allowing participants to plan ahead and set aside time to attend the trainings.

The course offer is adapted to the demand. While most workshops are offered annually, some run multiple times a year, and others take place biennially.

We’d like to hear from you!

The Intervals team highly values feedback, ideas, and suggestions that help continuously adapt and improve the programme to reflect the needs and interests of the PRBB community.

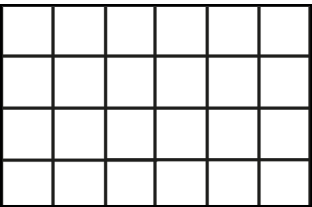
In addition to providing feedback after workshops, PRBB staff is encouraged to contact the Intervals team with proposals for training activities they believe could be valuable for the community. All comments, ideas, and suggestions are listened to and taken into account!

Our contact:

intervals@prbb.org

Phone: 933160056

Office: 400.08 (PRBB, 4th floor).



PRBB Intervals courses

Below you'll find a summary of all the courses offered in Intervals with a brief description of the content. Additionally, you can search for workshops in the areas that interest you with this course finder: <https://intervals.prbb.org/news/19>

Please note that the information regarding the frequency of workshops is an estimate. If you need more detailed information, please contact us.

SELF SKILLS

Personal mastery & Emotional intelligence

- Dealing with burnout, the XXI century epidemic in science and beyond
- Gestión del estrés para profesionales de investigación (també en Català / also English ed.)
- Impostor Syndrome in the research environment, don't let it limit you!
- Mindfulness - Introducció para científicos y personal de apoyo (also English ed.)
- Peer mentoring in biomedicine
- Self-leadership for daily challenges in science: A hands-on workshop
- Time management in science: how to stop procrastinating and get the things done
- Working in the world of science: how to manage self and build resilience

Thinking critically and creatively

- Rhyme your research: using poetry to problem solve and communicate your science
- Sharpen your reasoning skills: logic and critical thinking for scientists
- The science of the unexpected: Improvisation to enhance your communication
- Night Science workshop on the creative scientific process

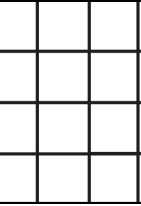
TEAM SKILLS

Building relationships

- Cross-cultural working: understanding difference and maximizing diversity in science
- Difficult conversations in research: how to make them easier (también en Castellano)
- Getting the right person for your team
- Mediación: cómo tratar conflictos en equipos científicos (also English ed.)
- The art of negotiation in science
- Train the trainer: becoming a dynamic facilitator in research

Leading groups

- Effective team playing in science (también en Castellano)
- Leadership programme for junior women in science
- Leading for success in science
- Project management for scientists



SYSTEMS SKILLS

Writing

- Becoming a scientific writer - putting the why before the how
- How to write a grant proposal for Horizon Europe
- How to write a postdoctoral research proposal
- Introduction to effective biomedical writing
- How to read a scientific paper using common sense and AI

Speaking

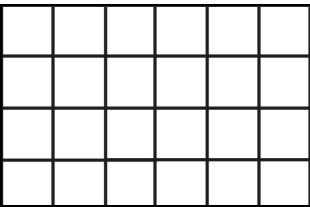
- Behind the scenes - small tutorial group to help improve your science-related talks
- Communicating science in digital formats
- Elevator pitch in science: Get what you want in one minute
- Principles of scientific data visualization and creating great visual aids
- Técnicas actorales para la comunicación científica
- Telling your science story

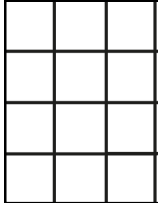
Careers

- Business opportunities: from science to impact
- Building your story: how to write a narrative scientific CV
- Interview and job application skills in science
- Understanding career opportunities that best exploit your skillset
- Job hunting in science. What lies beyond academia?

Systems leadership

- Climate action for all - How to decarbonise science





 Self Skills

All staff

Dealing with burnout, the XXI century epidemic in science and beyond

Aim	To help you address the prevention, detection, and management of burnout.
Target group	All staff
Frequency	1 edition/year (trimester 2)
Format	In-person
More info	https://intervals.prbb.org/courses/98

 Self Skills

Todo el PRBB

Gestión del estrés para profesionales de investigación (també en Català /also English ed.)

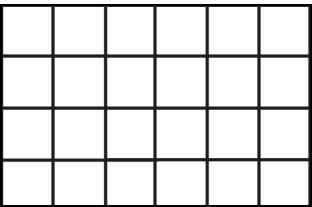
Objetivo	Dar a conocer los factores mentales que contribuyen a promover el estrés y ampliar el repertorio de estrategias de afrontamiento a situaciones estresantes.
Dirigido a	Todo el personal del PRBB
Frecuencia	1 o 2 ediciones/año
Formato	Presencial
Más info	https://intervals.prbb.org/courses/55

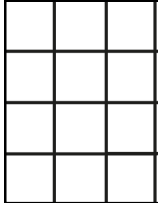
 Self Skills

All staff

Impostor Syndrome in the research environment, don't let it limit you!

Aim	To identify and address the impact impostor syndrome has on professionals' careers. This training is expected to have a positive effect and make a difference on yourself and your professional progression.
Target group	All staff
Frequency	1 edition/year (trimester 3)
Format	In-person
More info	https://intervals.prbb.org/edition/detail/367





 Self Skills

Todo el PRBB

Mindfulness - Introducción para científicos y personal de apoyo (also English ed.)

Objetivo	Presentación de los beneficios del mindfulness, una herramienta para desarrollar la maestría personal y mejorar la gestión del tiempo.
Dirigido a	Todo el personal del PRBB
Frecuencia	1 edición/año (trimestre 3)
Formato	Presencial
Más info	https://intervals.prbb.org/courses/39 https://intervals.prbb.org/courses/27

 Self Skills

All staff (career groups)

Peer mentoring in biomedicine

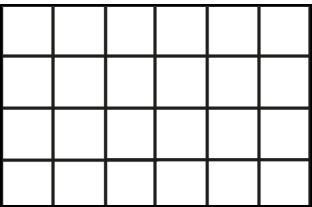
Aim	To set aside regular, dedicated and structured time for in-depth reflection on professional practice. The aim of these exchanges is to develop participants' leadership skills and competence.
Target group	Professionals across diverse job roles and career levels
Frequency	1 edition/year
Format	In-person
More info	https://intervals.prbb.org/courses/69

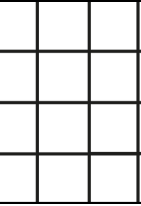
 Self Skills

Junior staff

Self-leadership for daily challenges in science: A hands-on workshop

Aim	To support participants to develop a wide range of social skills and their resilience to tackle everyday challenges at work.
Target group	Junior staff: predocs, junior postdocs and junior support staff
Frequency	1 edition/year
Format	In-person
More info	https://intervals.prbb.org/courses/68





☀ Self Skills

All staff

Time management in science: how to stop procrastinating and get the things done

Aim	To give participants the tools and skills required to organise and prioritise more effectively depending on their rhythm and needs.
Target group	All staff
Frequency	1 edition/year (trimester 2)
Format	In-person
More info	https://intervals.prbb.org/courses/88

☀ Self Skills

All staff

Working in the world of science: how to manage self and build resilience

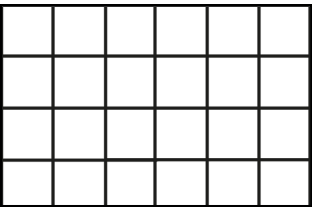
Aim	To give an opportunity for self-reflection, where participants will consider what is going well and what skills need to be developed to ensure that they manage themselves more effectively: their work, the people around them, and the wider environment in the best possible way.
Target group	All staff
Frequency	1 edition/year
Format	In-person
More info	https://intervals.prbb.org/courses/30

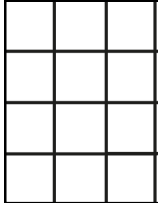
☀ Self Skills

All staff

Rhyme your research: using poetry to problem solve and communicate your science

Aim	To introduce the role that poetry can play in helping to both problem solve in scientific research and to communicate it to diverse audiences.
Target group	All staff
Frequency	Biennially
Format	Online
More info	https://intervals.prbb.org/courses/74





 Self Skills

All staff

Sharpen your reasoning skills: logic and critical thinking for scientists

Aim	To learn how to give more convincing arguments in publications or debates and be able to identify flaws in scientific reasoning.
Target group	All staff
Frequency	1 edition/year (trimester 2)
Format	Online
More info	https://intervals.prbb.org/courses/2

 Self Skills

All staff

The science of the unexpected: Improvisation to enhance your communication

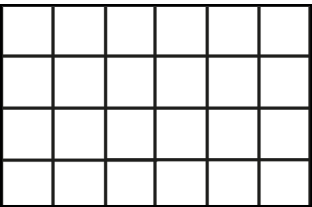
Aim	To learn the basics of improvisation that will help you to become a more confident and dynamic communicator.
Target group	All staff
Frequency	1 edition/year (trimester 2)
Format	In-person
More info	https://intervals.prbb.org/courses/38

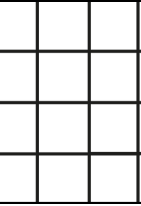
 Self Skills

All staff

Night Science workshop on the creative scientific process

Aim	The workshop teaches the dichotomy of the scientific process, which consists of both "Day Science", the rigorous testing of ideas with empirical data, and "Night Science", the creative scientific process.
Target group	Researchers and research support staff
Frequency	1 edition/year (trimester 2)
Format	In-person
More info	https://intervals.prbb.org/courses/106





◆ Team Skills

All staff

Cross-cultural working: understanding difference and maximizing diversity in science

Aim	To help participants understand how their own communication style impacts on others and how culture can influence communicative effectiveness
Target group	All PRBB staff who work in international collaborative teams
Frequency	Bienially
Format	In-person
More info	https://intervals.prbb.org/courses/20

◆ Team Skills

Mid-career and senior staff

Difficult conversations in research: how to make them easier (también ed. en castellano)

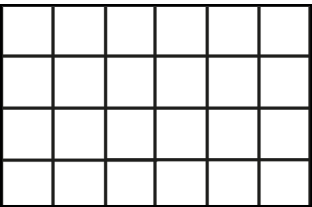
Aim	To help participants to feel more confident when faced with giving and receiving constructive feedback
Target group	Mid-career and senior staff
Frequency	1 edition/year (trimester 3)
Format	In-person
More info	https://intervals.prbb.org/courses/3 https://intervals.prbb.org/courses/90

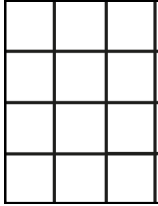
◆ Team Skills

Mid-career and senior staff

Getting the right person for your team

Aim	To provide participants with a framework and a set of tools to use when managing a selection process.
Target group	Mid-career and senior staff
Frequency	Bienially
Format	In-person
More info	https://intervals.prbb.org/courses/21





✦ Team Skills

Todo el PRBB

Mediación: cómo tratar conflictos en equipos científicos (also English ed.)

Objetivo	Desarrollar habilidades para gestionar los conflictos, apoyándose en la técnica de la mediación. Esto les permitirá entender por qué escalan los conflictos y aprenderán a evitar que esto suceda.
Dirigido a	Todo el personal del PRBB
Frecuencia	1 edición/año (trimestre 2)
Formato	Presencial
Más info	https://intervals.prbb.org/courses/95 https://intervals.prbb.org/courses/102

✦ Team Skills

All staff

The art of negotiation in science

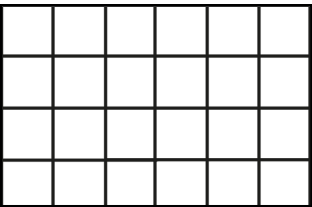
Aim	To improve negotiation skills from a win-win perspective that facilitates collaboration and establish strong and long-lasting relationships between the parties.
Target group	All staff
Frequency	1 edition/year (trimester 1)
Format	In-person
More info	https://intervals.prbb.org/courses/94

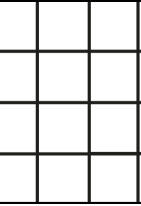
✦ Team Skills

All staff

Train the trainer: becoming a dynamic facilitator in research

Aim	To help participants design and deliver appealing and useful classes
Target group	Staff with training responsibilities or teaching assignments.
Frequency	Biennially (trimester 3)
Format	In-person
More info	https://intervals.prbb.org/courses/14





◆ Team Skills

All staff

Effective team playing in science (también ed. en castellano)

Aim	To positively change the way you manage relationships and experience challenges and conflict in the workplace.
Target group	Career groups: early & mid-career / mid-career & senior
Frequency	1 edition/year (trimester 2)
Format	In-person
More info	https://intervals.prbb.org/courses/13 https://intervals.prbb.org/courses/43

◆ Team Skills

Early and mid-career women

Leadership programme for junior women in science

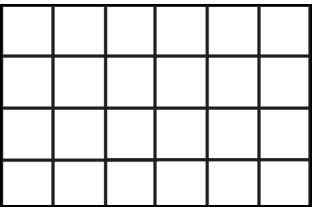
Aim	To motivate participants to keep contributing within science and to give female talent the place it deserves.
Target group	Women working in science in their early and mid-career phases.
Frequency	1 edition/year (trimester 3)
Format	In-person
More info	https://intervals.prbb.org/courses/45

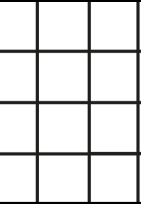
◆ Team Skills

Senior staff

Leading for success in science

Aim	To influence and support both the present work and future careers of participating group leaders. The main focus will be to address the human aspects of doing science. The course will provide a nurturing frame for practical training, as well as for exchange and networking.
Target group	PIs and other senior staff leading teams
Frequency	Biennially
Format	In-person
More info	https://intervals.prbb.org/courses/19





✦ Team Skills

Mid-career staff

Project management for scientists

Aim	To discover the real value of project management in research and learn how to apply it to your projects.
Target group	Postdocs, staff scientists and technicians with managing responsibilities
Frequency	1 edition/year (trimester 1)
Format	In-person
More info	https://intervals.prbb.org/courses/11

✦ Systems Skills

Early and mid-career staff

Becoming a scientific writer - putting the why before the how

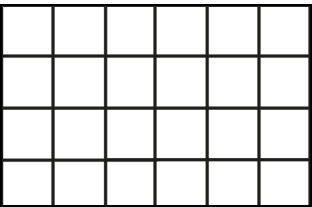
Aim	To help publishing scientists develop a more impartial, analytical view of scientific writing, to better understand their readership, and to make them more efficient writers and editors.
Target group	Early and mid-career staff; postdocs, 3/4 year predocs or equivalent
Frequency	1 edition/year (trimester 2)
Format	In-person
More info	https://intervals.prbb.org/courses/36

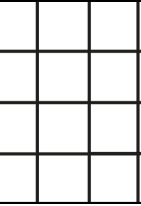
✦ Systems Skills

Mid-career and senior staff

How to write a grant proposal for Horizon Europe

Aim	To offer key tips and strategies to write a successful grant application in Horizon Europe. The learning outcomes will also be useful to write proposals for other funding agencies.
Target group	Junior PIs, senior postdocs who want to apply for independent grants, and management staff dedicated to support scientists in grant writing.
Frequency	1 edition/year (trimester 3)
Format	In-person
More info	https://intervals.prbb.org/courses/64





How to write a postdoctoral research proposal

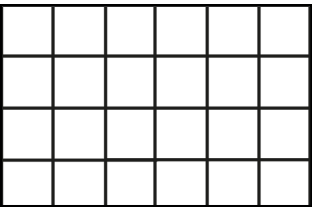
Aim	To offer key tips and strategies to write a successful fellowship application.
Target group	PhD students and junior postdocs
Frequency	1 edition/year (trimester 2)
Format	In-person
More info	https://intervals.prbb.org/courses/6

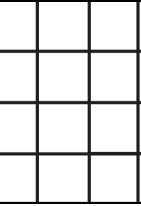
Introduction to effective biomedical writing

Aim	To set the foundation for writing and publishing research articles in the biomedical sciences.
Target group	Beginners. People with little or no experience writing and publishing papers
Frequency	3 editions/year (one per trimester)
Format	Online
More info	https://intervals.prbb.org/courses/75

How to read a scientific paper using common sense and AI

Aim	To help participants to read scientific literature in a more systematic way, with processes and tools to help gather, manage, and extract scientific evidence from the literature.
Target group	Early-career staff
Frequency	1 edition/year (trimester 1)
Format	In-person
More info	https://intervals.prbb.org/courses/92





 Systems Skills

All staff

Behind the scenes - small tutorial group to help improve your science-related talks

Aim	To help participants focus on two key aspects of preparation that make a science talk sink or succeed: i) clear communication of ideas and ii) audience engagement.
Target group	Anyone giving science-related talks
Frequency	6 editions/year (two per trimester)
Format	Online
More info	https://intervals.prbb.org/courses/46

 Systems Skills

All staff

Communicating science in digital formats

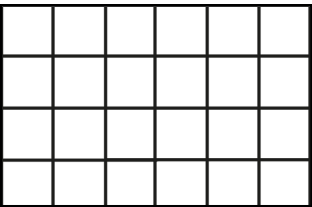
Aim	To provide participants with practical skills to transform a scientific topic, result or story into digital communication pieces adapted to different audiences and platforms, using Ellipse as a practical case study.
Target group	All staff
Frequency	1 edition/year
Format	In-person
More info	https://intervals.prbb.org/courses/108

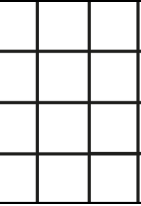
 Systems Skills

All staff

Elevator pitch in science: Get what you want in one minute

Aim	To provide tools to help you deliver your proposal effectively when you have just one or two minutes with someone important.
Target group	All staff
Frequency	1 edition/year (trimester 1 or 2)
Format	In-person
More info	https://intervals.prbb.org/courses/40





 Systems Skills

All staff

Principles of scientific data visualization and creating great visual aids

Aim	The aim of the course is to provide attendees with practical knowledge to improve their skills in creating effective scientific visual aids/slide presentations and data visualizations.
Target group	All staff
Frequency	1 edition/year
Format	In-person
More info	https://intervals.prbb.org/courses/87

 Systems Skills

Todo el PRBB

Técnicas actorales para la comunicación científica

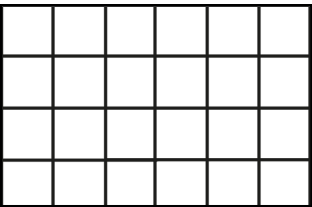
Objetivo	Ofrecer herramientas para sentirte más cómodo/a hablando en público y captar mejor la atención de tu audiencia.
Dirigido a	Toda la comunidad PRBB
Frecuencia	1 edición/año (trimestre 3)
Formato	Presencial
Más info	https://intervals.prbb.org/courses/34

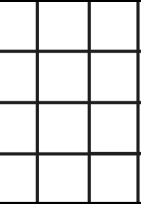
 Systems Skills

All staff

Telling your science story

Aim	Using storytelling techniques, participants will get practical methods to express and explain complex ideas and aspects of their research to different types of audiences, including those inside and outside their particular discipline, and to the general public
Target group	All staff
Frequency	1 edition/year (trimester 1 or 2)
Format	In-person
More info	https://intervals.prbb.org/courses/37





Systems Skills

All staff

Business opportunities: from science to impact

Aim	Participants will gain an understanding of how biomedical research can create impact through quality-driven research, technology translation, patents, venture capital, business development and effective engagement with healthcare, industry and society.
Target group	All staff
Frequency	1 edition/year
Format	In-person
More info	https://intervals.prbb.org/courses/9

Systems Skills

All staff

Building your story: how to write a narrative scientific CV

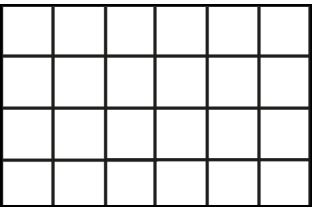
Aim	Participants will learn the basic components of a narrative CV and how to transform their traditional CVs into narrative ones.
Target group	Researchers and research support staff
Frequency	1 edition/year (trimester 1 or 2)
Format	In-person
More info	https://intervals.prbb.org/courses/93

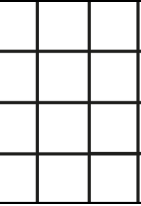
Systems Skills

Early and mid-career staff

Interview and job application skills in science

Aim	To learn how to prepare a good scientific CV and cover letter and improve the general interview skills.
Target group	Senior PhD students, junior postdocs and lab technicians
Frequency	1 edition/year
Format	In-person
More info	https://intervals.prbb.org/courses/31





Systems Skills

Early and mid-career staff

Understanding career opportunities that best exploit your skillset

Aim	To give participants an overview of different career options and through personal assessment understand their own motivations, strengths and weaknesses and to give them confidence to choose best fit for them.
Target group	Predocs, postdocs and research technicians
Frequency	2 edition/year (trimester 1 and 3)
Format	In-person
More info	https://intervals.prbb.org/courses/33

Systems Skills

All staff

Job hunting in science. What lies beyond academia?

Aim	To help scientists and other research professionals transition from academia to industry by learning how to identify suitable job opportunities, understand industry language, tailor a CV for specific roles and improve professional visibility.
Target group	Researchers and support staff of all positions, but especially focused on predocs, postdocs and technicians
Frequency	1 edition/year
Format	In-person
More info	https://intervals.prbb.org/courses/103

Systems Skills

All staff

Climate action for all - How to decarbonise science

Aim	To help participants to devise their own action plan to reduce the greenhouse gas emissions linked with activities in their place of work and study.
Target group	All staff
Frequency	Biennially
Format	Online
More info	https://intervals.prbb.org/courses/63

