WORKSHOPS

The workshops will take place on Friday, 3rd of October, from 16h15 to 17h45. Please inform yourself of the meeting room in which the workshop will take place and make sure that you are there on time to avoid delays in the schedule.

Workshop 1 | Crafting the Perfect Pitch: Communicate Your Research with Impact
*Dra. Patricia Henriques (**Meeting Room B**)*

Have you ever struggled to capture attention in just a few seconds? In this workshop, we'll uncover the golden rules of a powerful pitch—what makes it memorable, persuasive, and impossible to ignore. Through a mix of theory and hands-on practice, you'll not only learn how to structure the perfect pitch but also get the chance to craft and deliver your own

Workshop 2 | Confident Public Speaking for Researchers: Mastering Oral Presentations - cancelled

Workshop 3 | Career Planning for PhDs: Tools and Mindsets for Long-Term Success
*Dra. Olga Sin (**Meeting Room C**)*

In this 90-min workshop, my goal is to invite PhD students to reflect on their skills, addressing career uncertainties, and learning from shared experiences. The session will be divided into three parts. First, we will identify the key skills you have developed during your academic journey and discuss how these can be leveraged across different professional contexts. Second, we will work on transforming feelings of uncertainty or self-doubt into concrete next steps by defining an achievable career goal and outlining a practical strategy to move toward it. Finally, there will be space for participants to share their perspectives, challenges, and reflections. If time permits, I will also share my own story of moving into research management—not as a fallback option, but as a fulfilling and rewarding career path.

Workshop 4 | Scientific Illustration: Tips, Tools & Tricks for Stunning Visuals
*Dr. Gil Costa (**Meeting Room D**)*

The visuals you create during your career are an important part of your scientific legacy. They are not secondary and should be nurtured in the most effective ways. In this workshop you will get to know the basic practices to generate good figures, be it diagrams or data plots. We will explore the concepts of Salience, Clarity, Flow and Color, and how to better take advantage of them to create well fine-tuned visuals.

Workshop 5 | Networking That Works: Building Meaningful Professional Connections
*Dra. Maria Inês Ferreira (**Meeting Room A**)*

Learn how to build authentic and impactful professional relationships that support your career goals. This interactive workshop will help you define your personal networking purpose, craft a compelling pitch, and apply practical strategies to connect effectively and meaningfully with others.

Workshop 6 | Scientific Writing in the Age of ChatGPT: Challenges and Opportunities
*Dr. Paulo Aguiar (**Meeting Room E**)*

This workshop will examine how generative AI tools are transforming the landscape of academic communication in the health sciences. Participants will explore practical applications of ChatGPT and similar systems, including drafting and structuring manuscripts, enhancing clarity, and streamlining the writing process. At the same time, the session will critically address the limitations and risks associated with AI-assisted writing, such as issues of accuracy, bias, authorship, and academic integrity. Through interactive discussion and case examples, attendees will learn how to leverage AI tools responsibly while maintaining rigorous scientific standards. The workshop will provide strategies for integrating these technologies into the writing workflow to improve productivity and precision, without compromising ethical principles. Participants are invited to bring their own laptops for a hands-on experience.