



**From the Council**

Dear postdocs,

February is all about self-care and growth. Take time for yourself and focus on what brings you joy. Also, review your career goals and see what skills or knowledge you need to acquire. The PDC has resources to help you reach them, including mentorship, career guidance, and professional development workshops.

Wishing you a productive and fulfilling February.

Best regards,

PostDoc Council

(Generated by ChatGPT :D)

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News from the Institutes	
<p>Groningen Institute for  Evolutionary Life Sciences  (GELIFES)</p>	<p><u>Active Bystander training (mandatory...)</u>  This training is now mandatory to all (PI's, OBP, PhDs and Postdocs!). You will learn how to identify situations of unacceptable behavior and how to act accordingly. Next session <b>Thursday 9 March (in English)</b>. You can now register for the next 2 sessions by filling in <a href="#">this form</a>. The maximum number of participants is 25 for each session.</p> <p><u>Junior Research Meet-up of AJSPH</u>  If you are a Bachelor student, Master student, PhD candidate or a postdoc fellow interested in Public Health, you are kindly invited to join us at the fifth Aletta's Talent Network (ATN) Junior Research Meet-up on <b>2 February 2023 from 9 am to 5 pm</b>. This meet-up will have a focus on mental health.</p>

In this issue, news was not available from the following institutes: Bernoulli Institute, ENTEG, ESRIG, GBB, GRIP, ISEC, Kapteyn Astronomical Institute, Stratingh Institute for Chemistry, VSI, ZIAM.

Events
<p><b>Monthly sport activities for postdocs at the FSE</b></p> <p><i>Are you a postdoc? Enthusiastic about sports? Did you answer "yes" to both questions? Then this might be interesting for you...</i></p> <p><i>Once a month, the Postdoc Council at the FSE organizes a sport activity at the ACLO installations on campus and elsewhere. If you have practiced sports before or if you are new to it, don't think twice and come along if you wanna have a great evening playing sports with other fellow postdocs! The idea is to get together and meet new people while playing some matches and have fun!</i></p> <p><i>Every month a different activity will be organized. If you are interested in doing this, sign up at this whatsapp link for more information:</i>  <a href="https://chat.whatsapp.com/DLaDKNCduiu3ER2KjwvMD5">https://chat.whatsapp.com/DLaDKNCduiu3ER2KjwvMD5</a></p> <p><i>We hope to see many of you there!</i></p> <p><i>For any questions, please contact the sport activities organizer:</i></p> <p><i>Elisa <a href="mailto:e.palacino.gonzalez@rug.nl">e.palacino.gonzalez@rug.nl</a></i></p>

### About the Newsletter

If you would like to contribute news or information, email it to us at [fse.postdoc.network@rug.nl](mailto:fse.postdoc.network@rug.nl). To unsubscribe, send an email to [fse.postdoc.network@rug.nl](mailto:fse.postdoc.network@rug.nl) with UNSUBSCRIBE in the subject line; the body of the email can be left blank.