



Optimizing Mentoring Relationships by Mentoring Up:

An Online Workshop for Early Career Investigators

The [Center for the Improvement of Mentored Experiences in Research](#) (CIMER) at the University of Wisconsin-Madison is offering a public *Mentoring Up* workshop via Zoom. The training will be offered as four 2-hour sessions held once a week for four weeks from 2:00 - 4:00 PM CST on April 01, 08, 15, 22, 2026.

Workshop Overview:

Mentoring Up is an active learning approach designed for early career investigators to support development of the skills needed to successfully navigate their research training environment and proactively manage their mentoring relationships. The training helps these early stage investigators better understand themselves and their needs and effectively navigate their relationships and climates to ensure those needs are met.

This workshop addresses important topics and concepts in research mentoring and mentorship strategies. Examples of these themes include:

- Building Research Self-Efficacy
- Aligning Expectations
- Maintaining Effective Communication
- Establishing a Practice of Inclusion
- Achieving Independence
- Seeking Professional Development

In this workshop, the facilitator will engage participants in activities, case scenarios and facilitated discussions aimed at solving mentoring dilemmas and collective sharing of successful strategies.

Participants: Early career investigators

Dates: Wednesdays, April 01, 08, 15, 22, 2026

Workshop Costs: \$1,800 per participant (*Subsidies available. Please complete [this form](#) if you are interested.*)

Registration:

If you are interested in this training opportunity, please register by completing the following google form. Registration is first-come first-served. If the workshop is full, you will be automatically placed on the waiting list and a CIMER staff member will reach out if a spot opens up. We are accepting applications until spots are filled. *Please complete this [Google registration form](#) (also linked in the subsidy application form above).*