



### Raising a Resilient Scientist (RRS) series

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A five-part series including lectures and discussion groups for faculty, staff scientists, and administrators who mentor students and postdoctoral fellows in the biomedical, behavioral, and social sciences.

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**For more information, click the following links:**

- [About the series](#)
- [1. Communication Skills to Build Trainee Resilience](#) - **February 1, 2024**, 12:00-2:15 PM ET - [Register for Unit 1](#)
- [2. Promoting Trainee Resilience](#) - **March 7, 2024**, 12:00-2:15 PM ET - [Register for Unit 2](#)
- [3. Building a Welcoming and Inclusive Research Group](#) - **April 11, 2024**, 12:00-2:15 PM - Register for Unit 3
- [4. Difficult Conversations, Conflict, and Feedback](#) - **May 9, 2024**, 12:00-2:15 PM - [Register for Unit 4](#)
- [5. The Mental Health and Well-being of Your Trainees](#) - **June 13, 2024**, 12:00-2:15 PM - [Register for Unit 5](#)

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### Article pictures

