

IMPULSO

Research Mentoring Programme to support and enhance the professional development of trainee researchers at the INCLIVA Biomedical Research Institute.

Develop your research career

If you are an R1 researcher at INCLIVA, you can benefit from a personalised mentoring programme:

- Improve your career planning for R2 or postdoctoral positions.
- Develop essential skills in communication, time management and leadership.
- Gain access to relevant knowledge, networks and resources



LAUNCH OF THE FIRST EDITION: OCTOBER 2026

Who is eligible to be mentored?

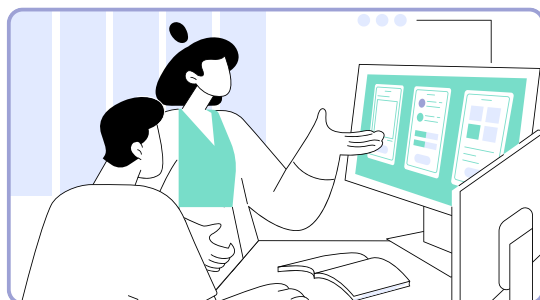
Research staff at INCLIVA who meet the following requirements:

- Employed as an R1 in their third year (or later) of their contract or currently enrolled in a PhD programme.
- Highly motivated and committed to the mentoring process.
- Willing to take part in the planned sessions and activities.



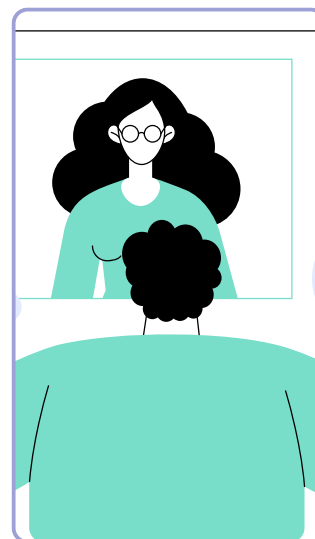
Programme structure

- One-to-one mentoring.
- 9 months' duration.
- 6 structured sessions.
- In-person, online or blended, depending on requirements.



Events complementing the programme

- Introductory and training workshops on mentoring.
- Career panels with senior researchers.
- Internal and external networking sessions.
- Themed workshops on communication, funding and leadership.



Who can be a mentor?

Research staff affiliated with INCLIVA with:

- Professional category R2b, R3 or R4.
- A proven track record in research and leadership skills.
- A genuine desire to support professional development.
- A commitment to confidentiality and a mentoring approach (not supervision).



Further information on the programme's stages and how to take part:
www.incliva.es/en/research-mentoring-impulso-programme

INCLIVA | VLC
Biomedical Research Institute

