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# Postdoctoral Day

June 05, 2025 to June 06, 2025

ICFO & External venue

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The **Postdoctoral Day** is an event organized by postdocs for postdocs, designed to bring together colleagues from across ICFO to connect, share experiences, and strengthen ICFO postdoc community.

The day will be **preceded by a career development workshop** aimed at enhancing key skills for your professional journey.

The following day, we'll kick things off with **breakfast in the NEST Hall**, followed by an inspiring talk on **Non-Violent Communication**, delivered by a physicist with extensive experience in the topic. The day will continue with a **social activity** designed to foster interaction and collaboration across ICFO's diverse research areas.?

You are warmly invited to join us for **dunch at a local chiringuito**.

## AGENDA

### **June 5 - Career Development Workshop for Postdocs**

**Location:** Mir-Puig Elements room

Learn more about the workshop here: [Key Concept for Leading in Research and Beyond](#)

Register [HERE](#)

### **June 6 - Postdoctoral Day**

**Location:** ICFO (morning) & external venue (afternoon)

#### **Morning @ ICFO**

**09:30 - 10:00** | Breakfast

**10:00 - 10:15** | Opening Remarks

**10:15 - 12:15** | Workshop on Non-Violent Communication

**12:15 - 12:30** | Coffee Break

**12:30 - 13:30** | Collaboration Speed Dating - an engaging activity to foster interaction across ICFO's six research areas

#### **Afternoon @ the Beach**

**13:30 - 16:30** | Social lunch at a local chiringuito

**16:30 - 16:45** | Closing Remarks & Farewell



**Hosted by:** ICFO Postdoctoral Committee