

[Website](#)[News](#)[Events](#)

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## Some news from MyRoad



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### **The MyRoad platform is excited to announce that the Core Training and Mentoring Program Level 1: Fundamentals is available on RISE**

This level provide an overview of the current concepts in research in cardiometabolism, diabetes, obesity and nutrition while also offering basic knowledge and skills to carry out research in these fields.

Each semester starting Winter 2025, a **\$500 travel award** will be drawn among those who have completed the program.

You can learn more about the program and its content on the patform's website:

[Core Training and Mentoring Program](#)

Log in to your RISE account to access the program:

[Level 1: Fundamentals on RISE](#)

To learn how to create an account and navigate on RISE, follow the instructions in the user guide available on MyRoad's website:

[RISE User Guide](#)

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## Activities and Trainings



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**New online trainings are now available and many training and mentoring activities are upcoming**



## Winter Camp of the CMDO Network

The CMDO network is launching a call for doctoral students, residents, postdoctoral fellows and research professionals for its Winter Camp which will take place from **January 31 to February 4, 2025 at Cheribourg Hotel, Orford**. The Winter Camp is an intensive training in the form of interactive workshops with internationally renowned speakers. Networking is also a priority in order to increase interactions with colleagues both locally and internationally.

**Places are limited and the registration deadline is November 11, 2024.**

This activity is offered only in French.

Visit the website for more information and to register.

Winter Camp of the CMDO Network

## Anti-Racism Training Session

MyRoad is pleased to invite you to the Anti-Racism Training Session that will take place Tuesday, **February 4, 2025, from 10:30 a.m. to 5:00 p.m. at the Cheribourg Hotel, Orford**. This session offered in partnership with Indigenous patient partners from the CAN-Solve CKD and Diabetes Action Canada SPOR networks offers a unique opportunity to be introduced to various topics that could impact their careers including cultural safety/teachings, disrupting racism in health care/clinical research and equitable approaches to patient engagement.

Anti-Racism Training Session



## New course on RISE: Communication and Collaboration

This four-module series available on RISE breaks down various communication strategies applicable to interactions with peers, collaborators, students, administrators and frankly, friends and family. Leveraging examples, self-reflection and case studies, each module provides valuable day-to-day strategies for improving active listening and expressing yourself in a way that is clearer.

Communication and Collaboration

## New course on RISE: Peer Career Discovery Program

The Peer Career Discovery Program comes from a collaboration between McGill's Career Planning Services and the Desjardins Centre for Advanced Training and is adapted for the MyRoad platform. Its mission is to guide you in your career exploration. In the program, you will conduct self-assessments and self-reflections with the goal of gaining insight into your strengths, interests and career preferences. You will use these insights and career research to identify career options that suit you best and discard career options that do not.

Peer Career Discovery Program





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