



MyRoad Core Training and Mentoring Program
Fundamentals Level

Fall 2025 Cohort
September 2025 – December 2025

MyRoad Core Training and Mentoring Program objective:

Provides flexible and highly accessible state-of-the-art, harmonized and best-practice based content for students or early career investigators from all research discipline in the field of cardiometabolism, diabetes, obesity and nutrition.

Fundamental Levels:

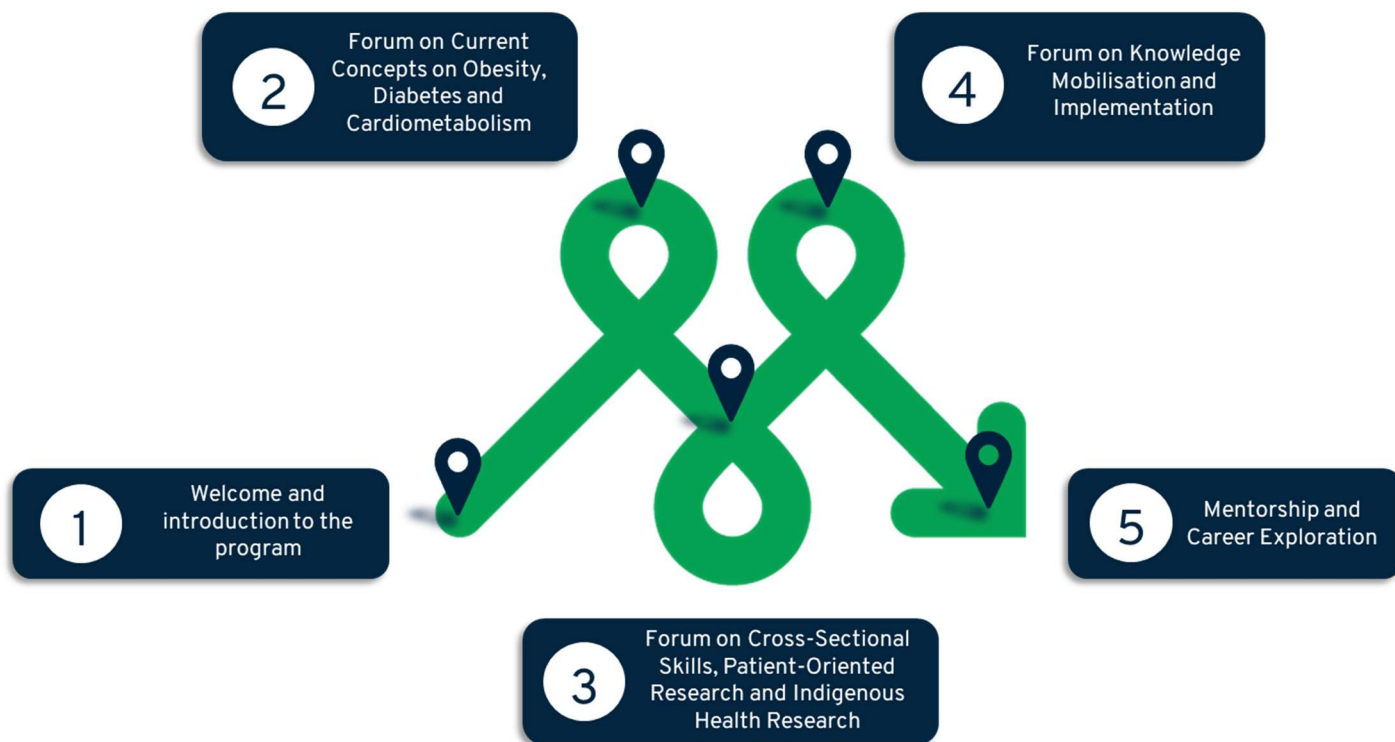
The Fundamentals Level of the program provides an overview of the current concept in research in our field of interest while also offering basic knowledge and skills to carry out research in these fields.



It was designed to be completed in one semester with approximately 40 hours of online training and live forums. Although it can be completed at your own pace, MyRoad now offers the possibility of completing this level in cohort, giving you the opportunity to structure your learning path, obtain support and feedback from peers and mentors and increase your motivation.

Welcome to the fall 2025 cohort!

Briefly, by registering in this cohort, you commit to completing the online modules according to the schedule provided and to participating in 5 virtual group meetings in order to discuss your learning and deepen your knowledge.



First steps:

- Create an account on [RISE](#)
- Add the meetings to your calendar.

Schedule:

September 8, 2025: Forum 1 – Welcome and introduction to the program

Time and duration: 1PM EST, 1h

Host: André Tchernof

September 8, 2025 to October 6, 2025

Duration: 13 hours over a 4-week period

Modules to complete:

- Current Concepts on Obesity
- Current Concepts on Diabetes
- Current Concepts on Nutrition

October 6, 2025: Forum 2 – Current Concepts on Obesity, Diabetes and Cardiometabolism

Time and duration: 2PM EST, 1h

Hosts: Ian Patton and Jennifer Kuk

October 6, 2025 to November 10, 2025

Duration: 18 hours over a 5-week period

Modules to complete:

- CIHR training modules
- Anti-Indigenous Racism
- Racism and Health
- Indigenous Research Ethics and Protocol

November 10, 2025: Forum 3 – Cross sectional skills, patient-oriented research and Indigenous health research

Time and duration: 1PM EST, 1h

Hosts: Jon McGavock

November 10, 2025 to December 2, 2025

Duration: 3-5 hours over a 3-week period

Modules to complete:

- Presentation Techniques
- Introduction to Knowledge Translation part 1
- Knowledge Translation part 2

December 2, 2025: Forum 4 – Knowledge Mobilization and Implementation

Time and duration: 1PM, 1h

Hosts: Virginie Blanchette and Monica Parry

December 2, 2025 to December 18, 2025

Duration: 7 hours over a 3-week period

Modules to complete:

- Communication and collaboration
- Learning about mentoring
- Constellation
- Canadian Research Networks
- Peer Career Discovery Program and/or CIHR Individual Development Plan

December 18, 2025: Forum 5 – Mentorship and Career Exploration

Time and duration: 1PM, 1h30

Hosts: Emily Bell, Joan Bottomer, André Tchernof