



Open Life Science:
helping you care for
yourself and your
community



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openlifesci.org



Your facilitators - Resident Fellows at OLS



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Open Life Science

A mentoring & training program for Open Science Ambassadors in Life Science

Sharing

Connecting

Empowering

Join the program



1:1 mentoring



Training calls on Open Science

Talks from experts

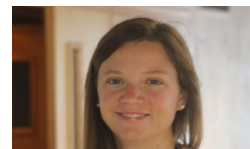
Break out discussions



Training for mentors

OLS-8 applications open mid-2023

Apply individually or in a team to join the cohort



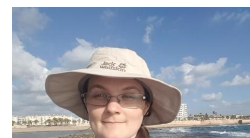
Bérénice Batut
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Malvika Sharan
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Yo Yehudi
@yoyehudi

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Visit our website: openlifesci.org

Cultural change towards Open Science requires

1. Leadership, vision, strategy
2. Targeted measures
3. Transparency, accountability
4. Trust and confidence in a shared vision





OLS - Program structure

16-week long mentorship and cohort-based training

Cohort-based training

1 on 1 mentoring

Hands on practice



&



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Open Seeds
— Mentoring & Training Program



Text version at: <https://openlifesci.org/ols-7/schedule>

Welcome to Open Life Science!

Meet cohort, share project vision, an introduction to working openly (open canvas)

Week 1-2

Open Science I: Project Development

Iterative and agile project management; Open-source software, hardware and data

Week 6-7

Open Leadership: Academia, industry and beyond!

Hear from professionals from different career paths

Week 9

Diversity and Inclusion & Ally Skills

Personal ecology and sustainability; practical allyship

Week 12

Graduation presentations 🎓

Invitation to join next OLS cohort as mentor/expert

Week 15-16

Week 3-5

Open Projects Tooling & roadmapping

Open licenses; Goals and Roadmap; Contributors guidelines; Code of Conduct;

Week 8

Community Design for Inclusivity

Implicit bias; personas and pathways for contributors; community interactions

Week 10-11

Open Science II: Knowledge dissemination

Publishing data and code, preprints, DOIs and citation

Week 13-14

Open Science III: Next steps in Open

Data and software management, public engagement

Reflect, Unlearn, Reframe: Community Care in times of digital burnout

31 March, 14:00 - 15:30 UTC – *Register on Eventbrite*



Agnes Kiragga
Technical Lead
African Population Health
Research Council



Chris Hartgerink
CEO & Founder
Liberate Science



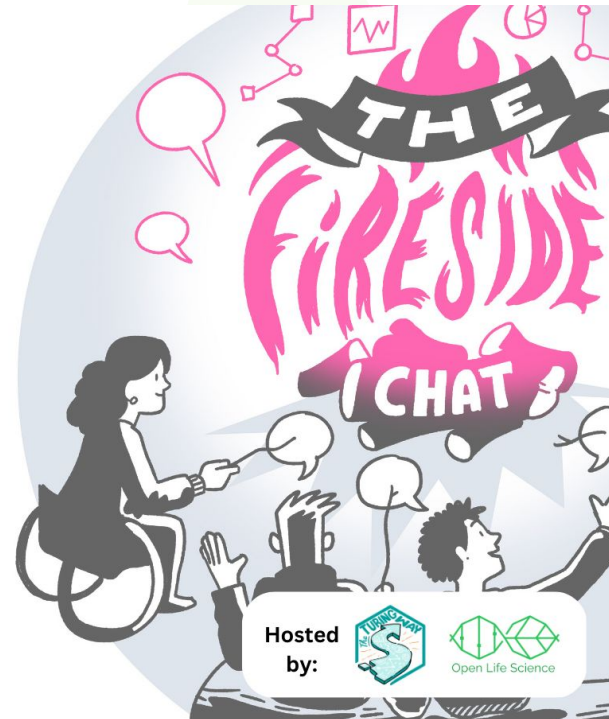
Mayya Sundukova
Resident Fellow
Open Life Science



Patricia Herterich
Resident Fellow
Open Life Science



Eirini Zormpa
Community Manager
AIM-RSF & The Turing Way



<https://www.youtube.com/watch?v=IfNn4WgBUCQ>



Self care

What we do to take care of ourselves so we can contribute to the work that inspires and fulfills us.





Personal Ecology

What we do to maintain balance, pacing, and efficiency to sustain our energy over a prolonged time.





Personal Ecology - part of a broader ecosystem

We can't have a healthy community if we individually are burned out.

Burnout is **characterized in the occupational context** by:

- feelings of energy depletion or exhaustion
- increased mental distance or feelings of negativism related to job
- reduced professional efficacy (consequence of stress)

They have a broad **personal consequences**, if not addressed.





Personal ecology plan for yourself and your community need a **proactive, strategic, systemic approach.**

It starts with ensuring your own **well-being and availability for yourself**, those you care for, and the work.

Then, **make space for others** to do the same.





Self assessment of personal ecology and self care



Reflection -2 minutes - 3 words

3 word pairs that describe your most (un)fulfilling day at work

Work-life quadrants snapshots

*Discover how to bring your whole self to work in ways that empower you while **maintaining boundaries between work and home** to avoid burnout.*

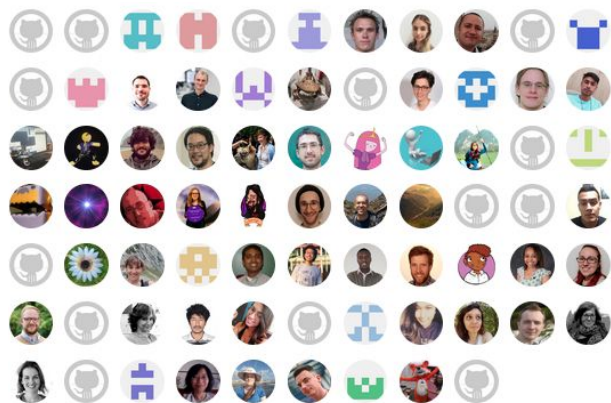
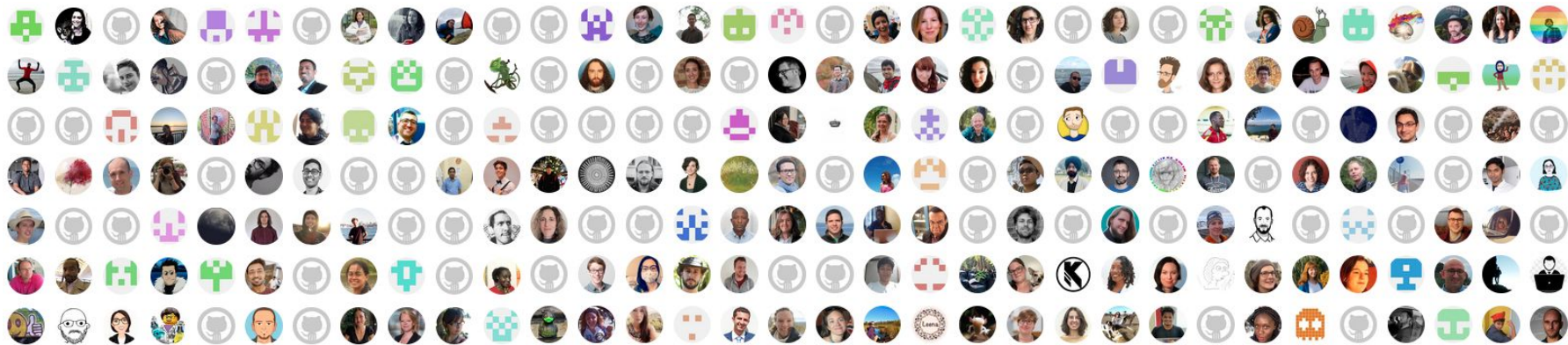


Delights & distractions snapshot

*Find ways to create a **delightful, engaging remote or distributed workspace** that doesn't unduly distract you from your work or engagement with colleagues.*

Compare & Contrast Exercise

*Compare the current state of your personal ecology with its contrast, your desired state, so you know **what to work towards to improve** your self-care plans.*



Acknowledgement



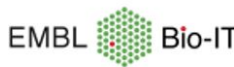
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