

The first PROMEMCI training workshops for mentors and mentees have concluded.

"Our mind can teach the body to be happy."

-Pablo Barriga

The first training workshops for the participants of the second cohort of the Mentoring Program for Women Scientists - PROMEMCI-, a project promoted by the University of Cuenca, through the Vice Rectorate for Research, with the financial support of SDGnexus Network and the German Academic Exchange Service - DAAD-, were concluded. The objective of the workshops is to contribute to the development and strengthening of skills, capacities, and knowledge to promote the permanence of young women scientists in the academic environment, contributing to the fulfillment of SDG 5: Achieve gender equality and empower all women and girls.



The activities were focused on active listening, planning, communication and time management as key tools that promote leadership in the academy. The workshop exercises were facilitated by Pablo Barriga, an expert in communication, dialogue and organizational transformation.

- WORKSHOP WITH MENTORS

The participants of the first day were nine mentors who focused on working on emotional intelligence, giving progressive attention to their own internal states, training the skills that allow them to manage emotions and efficient communication.

Denisse Vázquez, professor of Communication and Researcher of the Department of Biosciences, shared her experience about the conclusion of her doctoral thesis, which generated a key reflection on the balance between the physical and mental.



In this regard, the importance of developing soft skills as a constant task was discussed, so that the brain can stimulate its neuroplasticity and thus be able to regulate feelings according to the needs and situations that arise in daily life. Training this type of capacity is fundamental for mentoring, said Pablo Barriga, who also pointed out that these workshops motivate mentors to leave a legacy, building a community that generates new spaces for dialogue and mutual learning.





Andrés Alvarado, a graduate researcher from the Vice-Rectorate for Research, noted that during the workshops he realized that it is necessary to develop communication and listening skills. "Many times, we hear but we don't listen to what the mentees are telling us," He said.

- WORKSHOP WITH MENTEES

During the second day of PROMEMCI training, the first and second cohort of mentees attended the workshop. The theory of expansion and construction, which encompasses the positive emotions approach, affirmations and statements, were part of the points to be addressed in this workshop.

Pablo Barriga, deepened that it is necessary to understand which are our referents and which are the affirmations that support our judgments; in this way, to know how to explore the words that we express in our daily life, considering that these judgments are an evaluation of the past that allow us to enter the future with less uncertainty.



Liliana Déleg, mentee of the second cohort, emphasized that these workshops have been useful to create a positive change and self-reflection, she also thanked for the opportunity to participate in this program.





Johanna Orellana A., PROMEMCI's director, brought the workshop to a close with an emotional message of gratitude to Pablo Barriga and the mentor-mentees, emphasizing that thanks to this kind of programs it is possible to create a supportive space that many women scientists had lacked in the past.

