

# Lunch & Learn:

## Advice for starting your career in global health

Presented by the Canadian Coalition for Global Health Research (CCGHR)  
Student and Young Professionals Network (SYPN)—Ottawa Hub



The Canadian   
**COALITION**  
for Global Health Research

# Zoom Instructions

- This webinar is recorded and will be shared with all attendees. Do not share sensitive information or documents in the chat box.
- A Q&A session will conclude today's webinar, where you will have the opportunity to ask questions in the chat box or by clicking the "raise hand" button in the bottom middle bar on Zoom.
- You can also submit anonymous questions during the presentation using the chat box on Zoom.
- If you are having any technical difficulty during the webinar, please write a message to **Lauren Murray (Technical Support)** in the chat box.



# Agenda

- Welcome & Introductions
- Lisa Metselaar
- Alli Bunting
- Ryan Kennery
- Q&A Session
- Closing Remarks



# Panelists



**Lisa Metselaar**  
Western University



**Alli Bunting**  
CanWaCH



**Ryan Kennery**  
MediaStyle



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for Global Health Research

# Your Career: Forging Ahead in a Time of Uncertainty

May 19, 2020

Lisa Metselaar, BA(Hons), LL.B., MEd (c)

Experiential Learning and Placement Coordinator

# Agenda

- **Networking**
  - Research
  - Information meetings
- **Additional Training and Experience**

# What Is Networking?

- Building a mutually beneficial relationship, a partnership
- More than just getting to know someone
- The task of creating a ‘network’  
– a web of connections



# Networking During COVID-19

- Group interactions vs. one-on-one: which is more impactful?
- Virtual networking...easier perhaps?

# Strategic Planning

## Develop a strategic networking plan

- Focus your goals and interests to ensure that your time and resources are used most effectively
- Research
- Identify organizations and contacts
- Keep your list manageable
- Prepare in advance
- Ensure you've left the door open for continued contact
- Maintain a connection and build the relationship

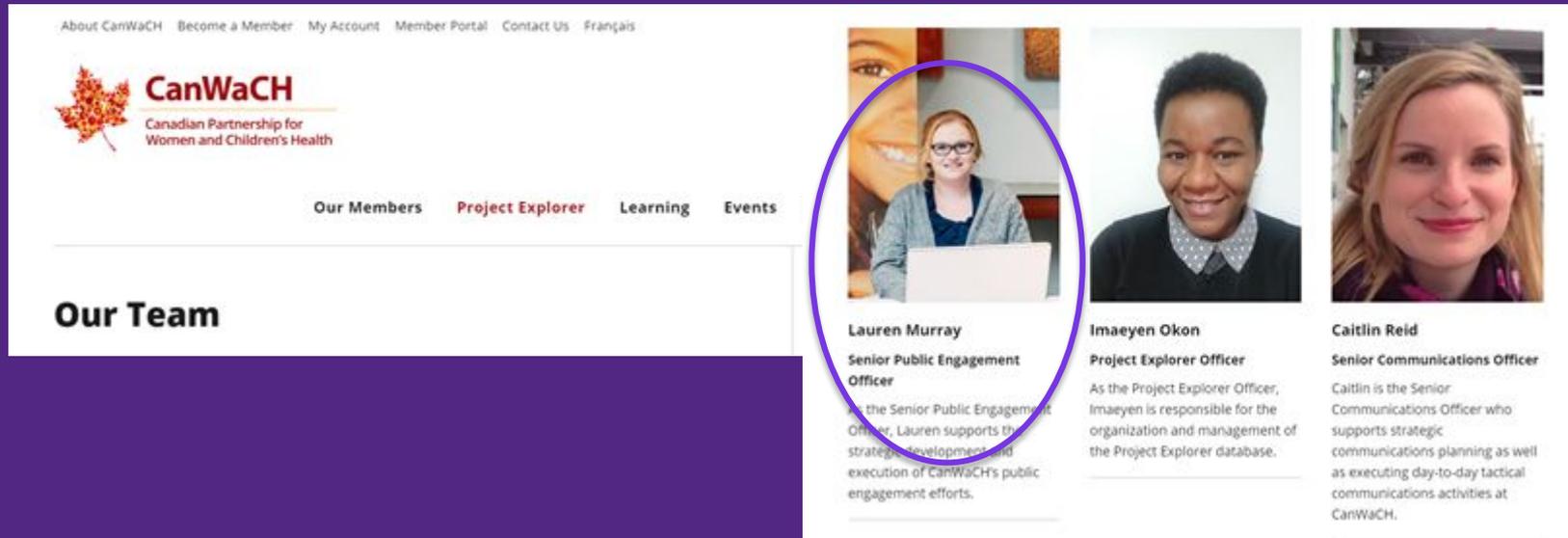
# Who are you going to network with?

- Research by organization
- Research on LinkedIn



# Research by Organization

- Identify an organization and a person within that organization who you are interested in connecting with



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 **CanWaCH**  
Canadian Partnership for  
Women and Children's Health

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## Our Team



**Lauren Murray**  
Senior Public Engagement Officer

As the Senior Public Engagement Officer, Lauren supports the strategic development and execution of CanWaCH's public engagement efforts.



**Imaeyen Okon**  
Project Explorer Officer

As the Project Explorer Officer, Imaeyen is responsible for the organization and management of the Project Explorer database.



**Caitlin Reid**  
Senior Communications Officer

Caitlin is the Senior Communications Officer who supports strategic communications planning as well as executing day-to-day tactical communications activities at CanWaCH.

# Research on LinkedIn

in

Home My Network Jobs Messaging Notifications Me Work Learning

People 1st Locations Current companies All Filters Clear 1



**Daniel Dillliott** · 1st  
Research Assistant II at Bruyère  
Ottawa, Canada Area · [328 connections](#) · [Contact info](#)

[Message](#) [More...](#)

 Bruyère  
Western University

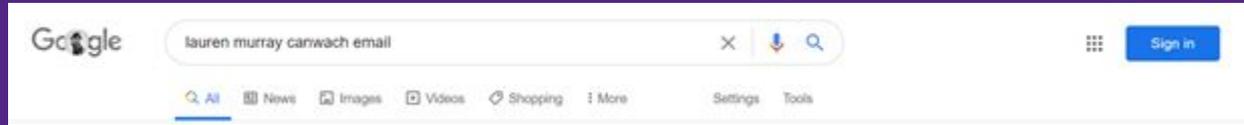
### Experience

 Bruyère  
2 yrs 1 mo

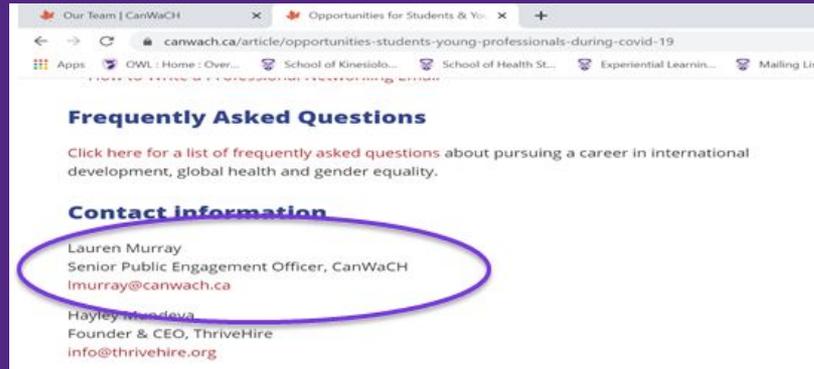
**Research Assistant II**  
Aug 2018 – Present · 1 yr 10 mos  
Ottawa, ON

- Manage several administrative and financial aspects of three concurrently running research projects funded by The Task Force for Global Health and the Bill and Melinda Gates Foundation
- Routinely conduct thorough analyses on qualitative and quantitative data collected from project sites in Fiji, Guyana, Haiti, India, Indonesia, Ivory Coast, Kenya, Papua New Guinea and Uganda
- Provide continual input and assistance in the writing and preparation of research project manuscripts, research proposals, grant applications and ethics applications
- Consistently collaborate with fellow members of our international and interdisciplinary research team to complete project objectives, overcome challenges, and communicate findings of research

# Find them...



# and then contact them...



# Information Meetings

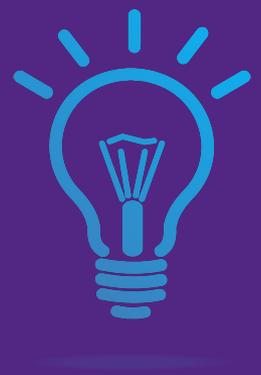
- Connect one-on-one with professionals in your field and expand your network
- Gain information about the field of global health, an organization, career opportunities, career advice etc.
- Start of a long-lasting mutually beneficial professional relationship

# Questions to Ask

- Focus your questions:
  - About the individual
  - About their job
  - About the organization
  - **About their experiences with COVID-19 and how that is impacting careers in global health**
  - About job requirements, skills, training etc.
  - About you and your career interests



# Helpful Tips...



- Offer to send your resume (for feedback!)
- Ask if there is anyone in their network who they could recommend that you speak with as well
- Thank them for taking the time to meet with you (and send a thank you email)
- Stay in touch

**Additional Training  
and Experience...  
now is the time!**

# Additional Training

1. Canadian Evaluation Society's Credentialed Evaluation (CE) designation  
[www.evaluationcanada.ca](http://www.evaluationcanada.ca)
2. Project Management Institute [www.pmi.org](http://www.pmi.org)
3. Lean Sigma Certification (Quality Improvement)  
[www.leansixsigmaCanada.com](http://www.leansixsigmaCanada.com) and [www.opha.on.ca](http://www.opha.on.ca)
4. LinkedIn Learning <https://www.linkedin.com/learning/>

## 5. Knowledge Translation Professional Certificate (KTPC)

<http://www.sickkids.ca/Learning/AbouttheInstitute/Programs/Knowledge-Translation/index.html>

## 6. Statistical software

- a. R: <https://www.coursera.org/specializations/statistics>
- b. SPSS: <https://statistics.laerd.com/>
- c. SAS: <http://support.sas.com/training/tutorial/>
- d. STATA: [www.stata.com/netcourse](http://www.stata.com/netcourse)

# Experience...virtual opportunities

- **Volunteer**

- Associations
- Research
- Boards of Directors;  
not-for-profit organizations
- Many directly involved with  
COVID-19 efforts

- **Employment**

- Contract; part-time or casual
- Consider outside of your field
- Be flexible and patient!

# Further Reading...

<https://www.indeed.com/career-advice/finding-a-job/new-graduates-entering-covid-19-workforce>

<https://www.themuse.com/advice/college-seniors-first-job-search-coronavirus>

<https://www.cnbc.com/2020/04/21/never-overlook-this-important-factor-when-job-searching-coronavirus-says-hiring-ceo.html>



## Alli Bunting

Manager, Programs & Operations

Canadian Partnership for Women and Children's Health (CanWaCH)

# Before your interview, build off the work done in your application:

- Tailor content
- Do your research
- Practice, practice, practice
- Test your technology



# During the interview:

- Sign on early
- Be friendly
- Take notes
- Be concise and targeted

# Post-interview, give thanks!

**CanWaCH**

Canadian Partnership for  
Women and Children's Health



**CanSFE**

Partenariat canadien pour  
la santé des femmes et des enfants

# Advice for starting your career

Ryan Kennery  
Senior Strategist  
MediaStyle

# @RyanKennery

## Education\*

- Sheridan College (Print Journalism)
- University of Ottawa (BA & MA in Communication)

## Previous work

- City of Ottawa
- Office of the Mayor of Ottawa
- MediaStyle (now)

*\*Also lots of student government*

**The private sector is  
not (entirely) bad.**

# About MediaStyle

- We're a progressive public affairs agency
- We do comms agency stuff
  - Strategic communications, media training, social media content
- But we only work with folks who are trying to make the world a better place

# MediaStyle's pillars

- We are committed to improving health outcomes for Canadians.
- We believe in education and universal access to it.
- We are dedicated to reconciliation and support like-minded individuals and organizations.
- We are intent on improving and enhancing democratic institutions.
- We are proud feminists and work towards equity for all.
- We support the labour movement and aspire to build a stronger society.

# Some of the good people we work with

- NGOs, non-profits, member-based organizations
- Environmental/climate change orgs
- Indigenous groups
- Foundations and charities
- Academic/research organizations

# Also...

- Social enterprise
- Certified B Corp
- Wagemark (3:1)

# B Impact Report

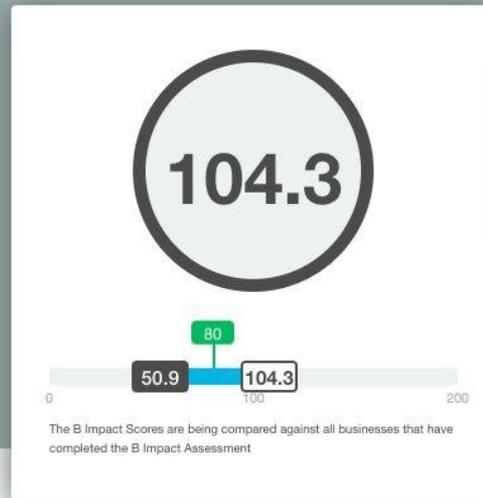


MediaStyle Inc

Communications Agency

Certified Since: October, 2015  
Location: Ottawa, Ontario, Canada  
Sector: Service with Minor  
Environmental Footprint

## Overall B Impact Score <sup>i</sup>



[WWW.MEDIASTYLE.CA](http://WWW.MEDIASTYLE.CA)

## Impact Area Scores <sup>i</sup>

	Governance	17.1
	Workers	35.9
	Community	25.5
	Environment	6.6
	Customers	19.2

## Previous Overall B Impact Score

2015 Overall B Impact Score	105.2
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# Things to look for in an employer

- Certifications (e.g. B Corp)
- CSR (Corporate Social Responsibility) department/initiatives
- How do they treat people and the planet?

# General advice

- Get involved
  
- Do the work



**Thanks!**

**[mediastyle.ca](http://mediastyle.ca)**

Thank you for joining us today!



The Canadian  
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# Contact Us



Global Health Students & Young  
Professionals - Ottawa Regional Hub



@Sypn\_ccghr



ccghr.sypn.ottawa@gmail.com



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