



世界視力を備えた次世代トップ研究者育成プログラム  
Program for the Development of Next-generation Leading Scientists with Global Insight (L-INSIGHT)

## <Webinar> L-INSIGHT Core Program | L-INSIGHT 基幹プログラム I

● Theme | テーマ:

### Communication across borders 境界を超えるコミュニケーション

● Lecturer | 講師, OIST : Dr. Irina Filonova ● Language : English | 言語 : 英語

**Fri, November 20, 2020**  
**10:30am-12:00 noon (90min.)**

Free of charge / Deadline : Noon, November 12

● Target Audience | 対象者:

Researchers from Kyoto University,  
Osaka University and Kobe University  
京都大学、大阪大学、神戸大学の研究者

● Number of participants | 参加人数:

Up-to 300 participants | 先着300人まで

● Registration is required | 要事前申し込み:

<https://forms.gle/scQpVojZPE1krMFV8> Or please apply from the QR code on the right.



● Format | 開催形態: Webinar (We will send Zoom invitation emails to the participants.)

● Contact | お問い合わせ: L-INSIGHT Office, Center for Enhancing Next-Generation Research, Kyoto University  
[admin-l-insight@mail2.adm.kyoto-u.ac.jp](mailto:admin-l-insight@mail2.adm.kyoto-u.ac.jp)

● More information

Format: Interactive Seminar

Pre-work: A short survey will be sent before the seminar.

The ability to communicate clearly can help scientist to promote research projects, secure funding, collaborate across disciplines and cultures. However, it might be difficult to develop a message that resonates with people from unrelated groups. This interactive session introduces tools and frameworks to facilitate information exchange and to create engaging conversations about what matters to scientists and society.

Learning objectives:

By the end of the session, the participants will be able to:

- Investigate the fundamental principles of clear communication by deconstructing communication process,
- Learn how to connect to and to engage with various audiences,
- Gain insight about how to create a clear message that resonates with people from outside their field.

主催 京都大学 世界視力を備えた次世代トップ研究者育成プログラム (L-INSIGHT)  
共催 沖縄科学技術大学院大学 (OIST)

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<Target Audience : Female early career researchers, preferably postdocs and above

L-INSIGHT Core Program | L-INSIGHT 基幹プログラム II

● Theme | テーマ:

Building confidence for women in research  
研究で女性が自信を構築するために

● Lecturer | 講師, OIST: Dr. Irina Filonova

● Language: English | 言語: 英語

Fri, November 20, 2020  
13:30 - 14:30 (60min.)

Free of charge / Deadline: Noon, November 12

● Target Audience | 対象者:

京都大学の常勤ポストドク~准教授までの女性研究者  
Female early career researchers,  
preferably postdocs and above

● Number of participants | 参加人数:

Up-to 10 participants | 先着10人まで

● Registration is required | 要事前申し込み:

<https://forms.gle/scQpVojZPE1krMFV8> Or please apply from the QR code on the right.



● Venue | 会場: Yoshida-Honmachi, Sakyo-ku Kyoto-shi, Kyoto, 606-8501, Japan  
Research Administration Building 1F

● Contact | お問い合わせ: L-INSIGHT Office, Center for Enhancing Next-Generation Research, Kyoto University  
[admin-l-insight@mail2.adm.kyoto-u.ac.jp](mailto:admin-l-insight@mail2.adm.kyoto-u.ac.jp)

● More information

Format: Facilitated discussion based around 4-6 questions. Active participation is highly encouraged.

Learning objectives:

By the end of the discussion, the participants will be able to:

- Gain an understanding of what confidence is and what it is not;
- Learn how to use internal and external cues to develop confident presence;
- Create strategies to cultivate their confident & authentic style at work and at home.

## <Qualification : L-INSIGHT Fellow>



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### OIST来学プログラム 2020

● Theme | テーマ:

Being understood - deep dive into strength-based communication  
理解されるということ - 自分の強みに根差したコミュニケーションに分け入る

● Lecturer | 講師 : Dr. Irina Filonova

● Language : English | 言語 : 英語

Fri, November 20 | 2020年11月20日 (金)  
16:00-17:30 (90 min.)

● Venue | 会場: Yoshida-Honmachi, Sakyo-ku Kyoto-shi, Kyoto, 606-8501, Japan  
Research Administration Building Basement floor

● Contact | お問い合わせ: L-INSIGHT Office, Center for Enhancing Next-Generation Research, Kyoto University  
admin-l-insight@mail2.adm.kyoto-u.ac.jp

#### ● More information

Format: Workshop

Pre-work: A small homework (10-20 min) is required

Follow-up: a 60 min zoom session 2 weeks postworkshop (optional)

A global insight requires fluency in delivering your messages to individuals, across disciplines, and even cultures. This versatility makes communication “a must have” tool in any researcher’s toolbox. Unfortunately, communication training is frequently overlooked in graduate education leading to a plethora of misunderstandings and missed opportunities in academia and beyond. Thus, in this interactive session, we will focus on effective communication strategies to enhance your success as a researcher, a team leader, and a society member.

By the end of the session, the participants will be able to:

1. Identify common communication challenges that might impede your research progress,
2. Learn how to “mindread” and impact your audience regardless of the size,
3. Capitalize on your strengths to craft a clear & confident message.

To follow best practices of adult learning, the workshop is built on your experiences making it more relevant and useful to your situation and discipline. In addition, discussion, interactive activities, and some practice are included to maximize the learning and knowledge retention.

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# L-INSIGHT Core Program

## L-INSIGHT 基幹プログラム

Biography : Dr. Irina Filonova

講師：イリナ・フィロノワ



Dr. Irina Filonova is an academic developer at the Okinawa Institute of Science and Technology, Okinawa, Japan. She helps STEM researchers from over 40 countries to find academic and non-academic jobs across the globe. Her day-to-day job is never boring as she gets to work with an incredibly diverse international population and face peculiar challenges of cross-cultural communication. Dr. Filonova enjoys moving to new places and experience difference cultures not as a tourist but as a resident. Thus, Japan is the 3rd country Dr. Filonova has lived and worked and, by far, not the last one.

In addition to her curious cultural experiences, Dr. Filonova has a non-conventional professional background for a scientist. Born in Russia, she studied literature and linguistic until she moved to the US in search for her true self. While the search was not quite fruitful, it brought her to Florida where she decided to pick up her education and completed B.S. in Biology and Ph.D. in Biomedical Sciences (Neuroscience) from the Medical School, University of South Florida. After 3-year post-doc at UT Southwestern, Dallas, TX, she found herself on a subtropical island of Okinawa where she is still exploring multiple professional identities, practicing communication skills, and passionately supporting women in STEM.

You can find more information about Dr. Filonova on LinkedIn:

<https://www.linkedin.com/in/irinafilonova/>