Career-Life Satisfaction
1. Reducing feelings of isolation
2. Understanding the business culture of a workplace
3. How to create a sense of camaraderie

Mentoring and Support
1. Experiences in mentoring for men compared to women
2. Peer-to-peer mentoring with a structure or guidelines (a matching system, not pre-assigned)
3. Guidance or training for mentors on how to be mentors (critical need); emphasis on women’s issues (subliminal messages, missed opportunities, etc.)
4. How to find multiple mentors or a new mentor
5. Time for mentoring – many postdocs are overcommitted, as are potential mentors
6. How to find a mentor who is supportive of your interest
7. Formal contracts that incorporate goals and objectives with review of progress on a frequent basis
8. How to break off a mentoring relationship when it doesn’t work out
9. What do mentors get out of a mentoring relationship
10. Networking and expanded connections – role models
11. How mentoring needs shift over time depending on your career stage
12. How to start a mentoring group – frequency, location, agenda, etc.
13. Pros and cons of a mentoring relationship
14. Using personality assessment tools, e.g. A-V-K and Meyers-Briggs, to aid mentors and mentees in identifying effective communication styles (introvert vs. extrovert)
15. Various types of mentoring – virtual vs. in-person (preferred)

Childcare Resources and Family Obligations
1. Is funding available for workshops, conferences, etc.
2. Finding information on guidelines for professional scientific society meetings
3. Extended to elder care

Career Development and Professional Development
1. Access to women in science and other career groups and seminars to talk about challenges and experiences
2. Career seminars/fairs in and outside of academia
3. Understanding social media – LinkedIn, etc.
4. Importance of communication – both written and oral
5. Interactive workshops and other opportunities to interact
6. Encourage faculty to attend professional development workshops with postdocs
7. Overcoming possible financial hurdles to attend professional development programs (monetary or travel awards)
8. Resources available for transitional stages beyond postdoc
9. Differing advice to males/females (issue of maternity/paternity leave)
10. Negotiating skills
11. Career development resources for medical postdocs
12. Webinars, monthly lunch events with incentives to faculty to attend
13. Support groups or advisory councils for job placement/advancement