

5 WAYS TO STAY UP-TO-DATE IN LIFE SCIENCE

1

Invest in your existing professional relationships

Engaging in conversation with professional peers keeps you on your toes. Surely, more than one of your LinkedIn connections are worth a visit.

2

Take professional courses

Improve your skills and upscale your competences. Keeping an eye on topics of new courses can give you an idea about what is trending.

3

Extend your network

Join an established networking group relevant for your job role or attend professional events where you'll meet people who share your passion for life science.

4

Structure your use of online resources

Don't be overwhelmed by all the information available online. Make it easy on yourself and subscribe to a limited set of online resources that you know to be valuable.

5

Follow thought leaders online

Who sets the scene within your area of expertise? Pick a few people you feel inspired by and join the conversation - it'll feel natural once you get started.