

Invitation to Department Day 21 August 2026

Motivation Across Generations



Dear colleagues,

We're looking forward to welcoming you to this year's Department Day at the Department of Biomedicine 21 August 2026. This year, with the overall topic: "Motivation Across Generations". You can join all the sessions, except for the sessions marked **orange**, where you must choose the session that suits you best.

Programme

08:00 - 08:30 | Coffee and croissants

Venue: Bartholin entrance area

08:30 - 09:30 | Keynote Speaker: Chris MacDonald.

Chris MacDonald works at the intersection of human biology, psychology, and relationships. With a background in human physiology, psychology, elite sports, and many years of experience communicating research on mental and physical health, motivation, and resilience, he brings a unique perspective on what helps people thrive – including across generations. At the core of his work lies a simple ambition: to help us better understand ourselves and each other.

Venue: Bartholin Auditorium 1,1241-135

09:45 - 11:15 | Session primarily aimed at current or coming PhD Students

Get perspectives on being a PhD student from academic colleagues at the department, from an administrative colleague at the Graduate School, and from a psychologist with insights into the world of PhDs. Find out more about teaching requirements and opportunities, motivation, and well-being as a PhD student.

Venue: Kollokvierum Øst, 1268-218, The Victor Albeck Building

10:00 - 11:30 | Workshop primarily aimed at current or coming Postdocs

Career Advisor Kim Henningsen will facilitate this workshop. The goal of the workshop is to discuss and develop a strategic framework for the postdoc career. We will explore career possibilities, as well as how to approach your time as a postdoc in a way that supports motivation, well-being, and sustainable progress.

Venue: Bartholin Study Room (Læsesalen), 1241-218

10:00 - 11:30 | Workshop (outside) aimed at Technical and Administrative Staff, incl. Core Facility Staff, Laboratory Technologists, Animal Technicians, Lab Coordinators, Secretaries etc.

Management Consultant Jeannette Madsen will, together with colleagues, facilitate this (walk-around) workshop, where you can expect to connect with colleagues across the department and deepen your understanding of what affects your energy and motivation in your daily work.

Venue: We meet in front of The Skou Building, later: 1231 - Lille Anatomisk.

11:00 - 13:00 | Lunch and Poster Session (poster presenters will be available for presentation and discussion from 12:00 - 12:45)

Vote for your favorite posters outside your own research theme/unit. The winners will be announced at 15:45 (see programme).

Venue: The Skou Building

13:00 – 13:45 | How to keep motivated in your research career: personal story and reflections by Julie Brogaard Larsen

Julie Brogaard Larsen works as a consultant at the Department of Clinical Biochemistry Aarhus University Hospital. She finished her PhD in 2019 and now holds a clinical associate professorship with a research focus on blood coagulation, thrombosis and bleeding, and is a 2025 DFF Inge Lehmann grant recipient. Her talk will focus on what has motivated her during her career, what to do when motivation (temporarily) fails us, and how we can become better at aligning and sharing expectations and values across career levels and generations to keep motivation high even at stressful points in our research career.

Venue: 1232-115 Store Anatomisk Auditorium

13:45 – 15:30: | Coffee, Cake and Games

Venue: The Skou Building

14:00 - 15:30 | Session primarily aimed at Assistant and Associate Professors

Facilitated by Ann G. Carøe (Career advisor, IDA), this workshop will explore how greater clarity, collaboration, and influence can strengthen motivation in everyday academic work. The session introduces the concept of managing upwards in the context of academic life, where relationships and collaboration shape both daily work and longer-term opportunities. We will explore common dilemmas such as aligning expectations, increasing visibility, and gaining influence.

Venue: Kollokvierum Øst, 1268-218, The Victor Albeck Building

14:00 - 15:30 | Presentation /workshop for Faculty Staff/Research Group Leaders only

Historian of ideas and newspaper editor Asker Hedegaard Boye will after an opening talk facilitate this workshop. Expect to become more aware of how you approach motivation and enthusiasm in yourself and your group, and to be inspired by the perspectives of colleagues.

Venue: Bartholin Study Room (Læsesalen), 1241-218

15:45 - 16:00 | Awarding of the Biomedicine Spirit Award and the Biomedicine Poster Awards

Presented by Thomas G. Jensen and the Research Theme Coordinators

Venue: Store Anatomisk Auditorium, 1232-115

16:00 – 18:30 | Getting ready for the Faculty Party and/or casual Friday Bar

Please remember to sign up for the Faculty Party separately. Find more info [here](#).

Venue: Bartholin Canteen / Bartholin patio

Sign-up Information

Please register for Department Day [here](#) no later than 30 June 2026. Attending Department Day is free, but you must buy your own drinks at the Social Gathering. *Please note:* Vegetarian and vegan meal options are available. If you have any other dietary restrictions or allergies, please contact Liv Jensen at: lije@biomed.au.dk. We look very much forward to seeing you 😊

Best regards, Lena, Liv, André, Anne and Jeannette