

EARLY CAREERS

KIA ORA KOUTOU KATOA, HELLO AND WELCOME TO ALL OF OUR FANTASTIC EARLY CAREER STUDENTS, PRACTITIONERS, AND RESEARCHERS! I'M MADDIE, THE EARLY CAREERS REPRESENTATIVE AT SESNZ AND I AM SO EXCITED TO SEE SO MANY PEOPLE REGISTERED FOR THE CONFERENCE, ESPECIALLY THOSE JUST STARTING OUT ON YOUR JOURNEY.



MAKE SURE YOU COME ALONG TO SOMETHING & SOCIAL ON WEDNESDAY EVENING TO MEET THE REST OF THE EARLY CAREER CREW! I PROMISE IT'LL MAKE THE NEXT COUPLE DAYS EVEN MORE ENJOYABLE. YOU CAN ALSO FIND ME AT THE EARLY CAREERS TABLE IN THE FOYER, PLEASE COME SAY HI!

Early careers SOCIAL EVENING

Wednesday evening from 5:30
Something & Social



Join us!

IF YOU'RE KEEN TO GET SOME EXPERIENCE ON YOUR CV, BOOST YOUR NETWORK, AND HAVE A SAY IN THE FUTURE OF SPORT AND EXERCISE SCIENCE NEW ZEALAND WE WOULD LOVE TO WELCOME SOME MORE MEMBERS ONTO THE EARLY CAREERS SUB-COMMITTEE. IF THIS SOUNDS LIKE YOU, COME CHAT WITH ME OR FLICK ME AN EMAIL AT STUDENTS@SESNZ.ORG.NZ. WE'D LOVE TO HAVE YOU!

EARLY CAREERS CONFERENCE TIPS!



DEFINE YOUR GOALS

What do you want to achieve?

- Networking
- Skill leaning
- Exploring career opportunities



RESEARCH THE AGENDA

Identify key sessions, speakers and posters which are relevant to your goals and interests.

Remember to leave some room for spontaneity!



NETWORKING

Soak up all the networking opportunities we have on offer!

- Wednesday 5:30pm EC Networking

ELEVATOR PITCH

Be ready to introduce yourself and your research. Highlight your goals, interests and what you want to do moving forwards.



ENGAGE IN SESSIONS

Take notes and engage in sessions.

If you don't want to ask a question during the session, find the presenter afterwards and spark up a conversation.



ENJOY YOURSELF

Conferences can be some of the most memorable experiences in your research journey!

Don't forget to enjoy yourself and soak up all the knowledge and energy in the environment.

