



Bli medlem Vi erbjuder Jobb

Facket för naturvetare

Naturvetarna bevakar dina rättigheter och stöttar dig i frågor om lön, arbetsvillkor och arbetsmiljö. Tillsammans jobbar vi för att lyfta naturvetare i arbetslivet.

Läs mer om medlemskapet



Vi är Sveriges största nätverk för naturvetare

34 000



Har arbetsmiljön försämrats?

Ja
Nej
Osäker/vet inte



#22 Ali Mirazimi Virusforskare

"Forskarna är vår tids influencers."

Naturvetar podden

Welcome to LinkedIn for Phds: How to use it to build a non-academic career

Alison Sjöström, Verto Konsult



Vändpunkten för miljöskyddskontoret i Allingsås var när de började jobba med gruppvårdning. En mycket tillfrågad är att chefen och Naturvetarnas färdiga företrädare gör takt.



Vi glädder inte



|  **11 Nov 2022**

Utilising and benefitting from LinkedIn

Steps for building a LinkedIn Profile that stands out

How to transfer your academic skills into a non-academic environment

Tips

Questions

| LinkedIn

Started 2003 and is now the largest global networking system geared towards professionals.

2022 there are:

830 million users

58 million companies

15 million open jobs (15th April 2022)

49 million use linked in for job searches each week

3,4 million Swedes which is 53% of Swedish professionals

Used in 200 countries

| Why? What are the benefits?

Use LinkedIn as a research tool – branch, company & employee

Develop by joining LinkedIn Groups

Follow companies and industry news

LinkedIn has a great job board

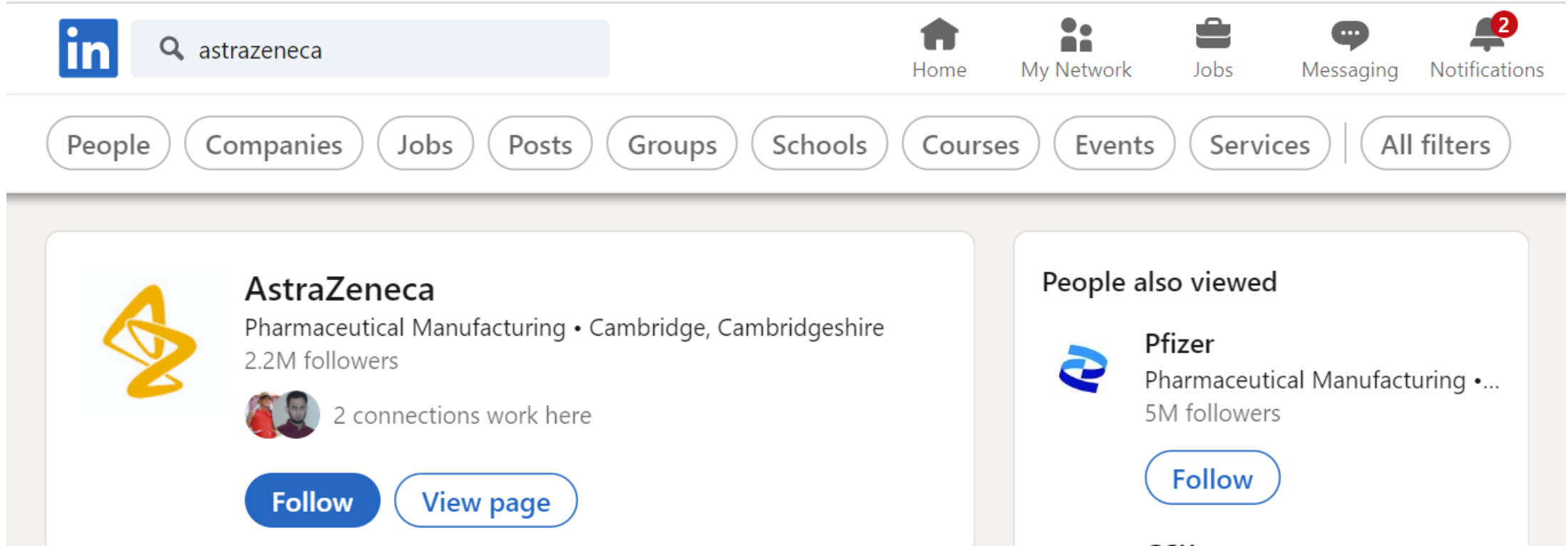
You can gain social proof for your skills and talents – build your brand

Demonstrate your knowledge, credibility and leadership expertise

Network

Gain exposure to hiring managers and recruiters

| Step 1 - Research



The screenshot shows the LinkedIn search interface. At the top, the search bar contains the text 'astrazeneca'. To the right of the search bar are navigation icons for Home, My Network, Jobs, Messaging, and Notifications (with a red badge showing '2'). Below the search bar is a horizontal menu with buttons for 'People', 'Companies', 'Jobs', 'Posts', 'Groups', 'Schools', 'Courses', 'Events', 'Services', and 'All filters'. The main content area is divided into two columns. The left column features the profile for 'AstraZeneca', which includes a yellow logo, the company name, 'Pharmaceutical Manufacturing • Cambridge, Cambridgeshire', '2.2M followers', and '2 connections work here'. Below this information are two buttons: 'Follow' and 'View page'. The right column is titled 'People also viewed' and shows the profile for 'Pfizer', which includes a blue logo, the company name, 'Pharmaceutical Manufacturing •...', '5M followers', and a 'Follow' button.

| Tips when searching

Narrow your search with: **AND OR NOT "x" (..) #**

Project Manager **AND** Researcher **AND** Analyst

Project Manager **OR** Researcher

Project Manager **NOT** Researcher

Project Manager **AND** Researcher **NOT** (data analyst **OR** technician)

"cross-functional collaboration"

#industry #science #biology

| **Medical affairs - profiles**

Medical Affairs Manager



Scientific Researcher University (4 yrs)



Post Doc Researcher (2 yrs)



PhD (4 yrs)



Master of Science (4 yrs)

| Medical affairs - jobs

- University degree in Biology, Biomedicine, Biochemistry, Biotechnology, Pharmacy or Medicine. PhD,
- MD or PharmaD with advanced knowledge in the immunology scientific field is preferred.
- At least 5 years of experience in a similar position in the pharma industry preferable
- Sound knowledge of medical/pharmaceutical basics
- High skills communicating with Key Opinion Leaders
- Good understanding of both the medical and commercial area
- Understanding the cultural and legal differences between the Nordic countries
- Scientific understanding (literature, clinical and basic research etc.)
- Advanced communication and relation building skills
- Presentation skills
- Good English language skills (spoken and written), skills in Finnish language is a plus
- Computer skills
- Willingness to travel (within the Nordics)



Step 2 - Information Interviews

- * Describe your working week
- * What are your main tasks
- * Describe your company culture
- * What traits are important?
- * What driving forces are important?
- * What is the most fun in your work?
- * What would you like to do less of?
- * What are the chances for development?
- * What is a good background to have for this role?
- * What is your background?

| Step 3 Update your contacts & network



Current employers

Past colleagues

University and college contacts

People with same interests

300+ Connections

When connecting remember to write a personal message:

Hello,

I read your article on And would really like to stay connected with you

Hello

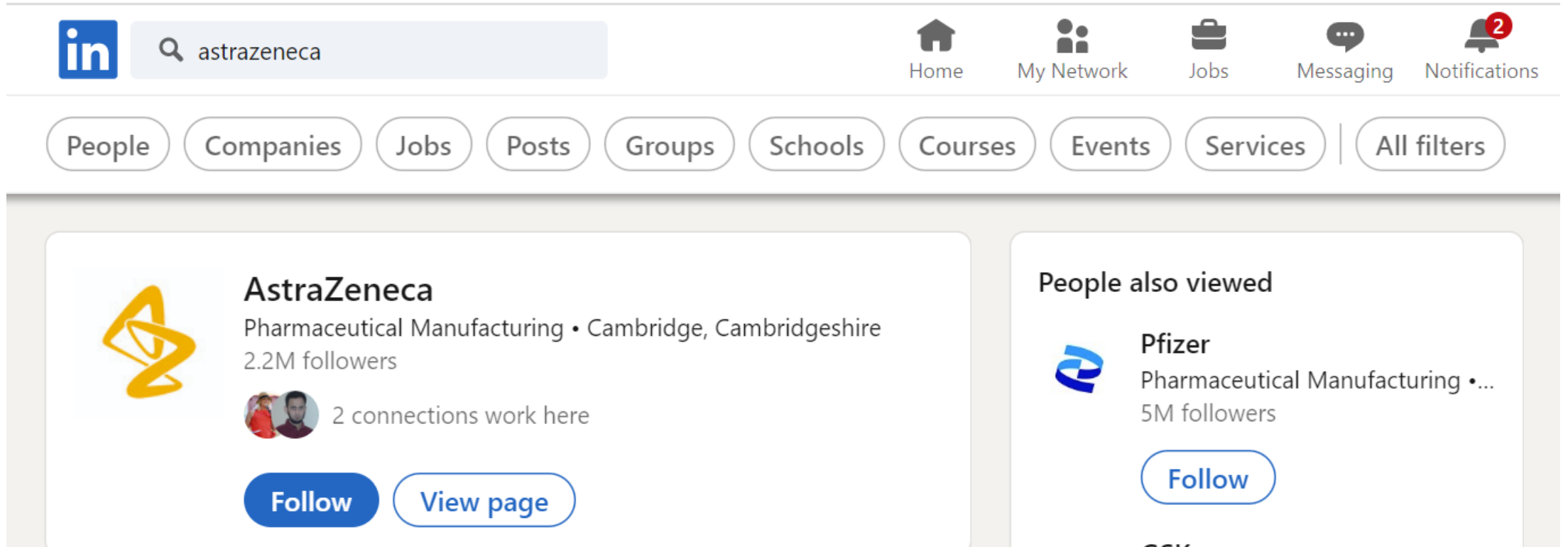
I am currently finalizing my PhD and would like to ask you two brief questions. I hope you have time



The invisible job market

Recruitment channels	Permanent Positions 1000'	Temporary Positions 1000'	ALL 1000'
Swedish Public Employment Service	20.0	29.3	49.3
Adverts newspapers, internet, etc	29.2	46.4	75.6
Relatives, friends, contacts	39.2	78.2	117.3
Employer contacts the job seeker	31.2	42.5	73.7
Job seeker contacts the employer	17.0	32.1	49.1
Other Channels	6.8	16.8	23.6
Information missing	15.0	30.3	45.3
All	158.3	275.6	433.9

| Who knows who?



The screenshot shows the LinkedIn search interface. At the top left is the LinkedIn logo and a search bar containing the text 'astrazeneca'. To the right of the search bar are navigation icons for Home, My Network, Jobs, Messaging, and Notifications (with a red badge showing '2'). Below the search bar is a horizontal menu with buttons for 'People', 'Companies', 'Jobs', 'Posts', 'Groups', 'Schools', 'Courses', 'Events', 'Services', and 'All filters'. The main content area is split into two columns. The left column displays the profile for 'AstraZeneca', a 'Pharmaceutical Manufacturing' company in 'Cambridge, Cambridgeshire' with '2.2M followers'. It shows a yellow logo, a small profile picture of two people, and the text '2 connections work here'. Below this are 'Follow' and 'View page' buttons. The right column is titled 'People also viewed' and shows the profile for 'Pfizer', a 'Pharmaceutical Manufacturing' company with '5M followers'. It features a blue logo and a 'Follow' button.

| step 4 brand yourself.....



"OK, yes, you're a cow. But you're also a dairy consultant, an expert on calcium, and a hay connoisseur to boot!"

Competence and abilities

- University degree in Biology, Biomedicine, Biochemistry, Biotechnology, Pharmacy or Medicine. PhD, MD or PharmaD with advanced knowledge in the immunology scientific field is preferred.
- At least 5 years of experience in a similar position in the pharma industry preferable
- Sound knowledge of medical/pharmaceutical basics
- High skills communicating with Key Opinion Leaders
- Good understanding of both the medical and commercial area
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- Scientific understanding (literature, clinical and basic research etc.)
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| **Transfer Skills or “portable skills”**

Are qualities that can be transferred from one job to another.

Example:

Successful research experience = Project Management

- Manage a project from idea to end
- Identified goals and/or tasks and set a timeframe (time management)
 - Prioritized tasks and make an assessment of potential problems
 - Maintained flexibility as circumstances change in the project
 - Lead a team through the project.

| Skills in industry...

Critical Thinking, analysis & problem-Solving

Interpersonal & leadership

Teaching

Presentations

Attention to detail

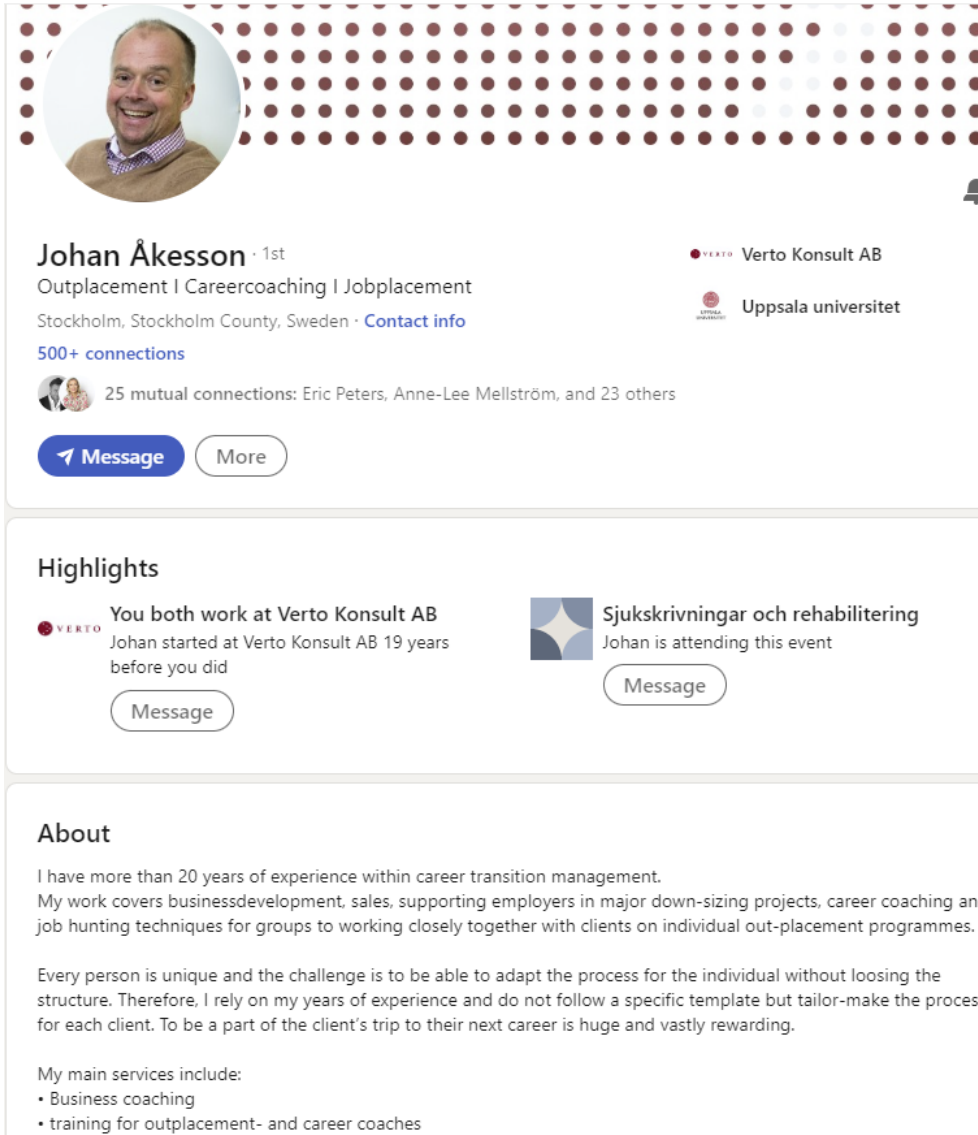
Research and Information Management

Self-Management and Work Habits

Writing proficiency & oral communication

Sales or Funding

LinkedIn Laptop vs Iphone



Johan Åkesson · 1st
Outplacement | Careercoaching | Jobplacement
Stockholm, Stockholm County, Sweden · [Contact info](#)
500+ connections
25 mutual connections: Eric Peters, Anne-Lee Mellström, and 23 others

[Message](#) [More](#)

Highlights

- VERTO** You both work at Verto Konsult AB
Johan started at Verto Konsult AB 19 years before you did
[Message](#)
- Sjukskrivningar och rehabilitering**
Johan is attending this event
[Message](#)

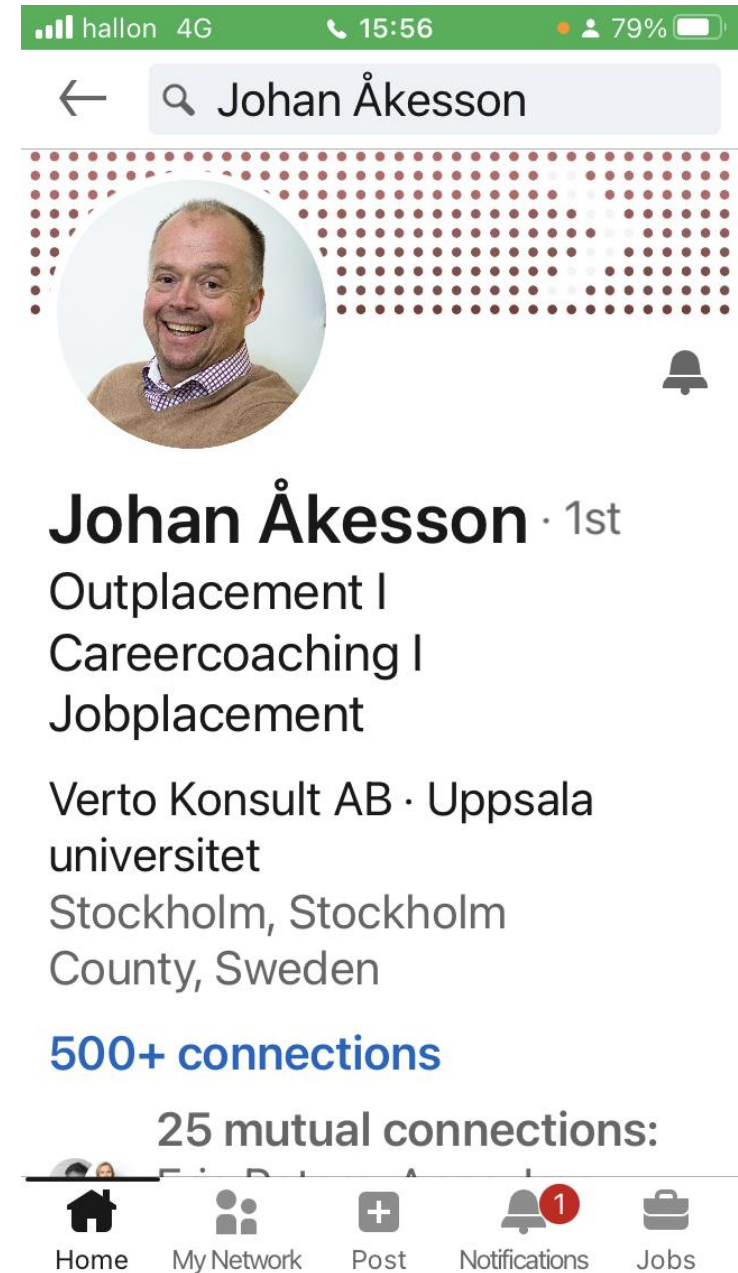
About

I have more than 20 years of experience within career transition management. My work covers businessdevelopment, sales, supporting employers in major down-sizing projects, career coaching and job hunting techniques for groups to working closely together with clients on individual out-placement programmes.

Every person is unique and the challenge is to be able to adapt the process for the individual without loosing the structure. Therefore, I rely on my years of experience and do not follow a specific template but tailor-make the process for each client. To be a part of the client's trip to their next career is huge and vastly rewarding.

My main services include:

- Business coaching
- training for outplacement- and career coaches



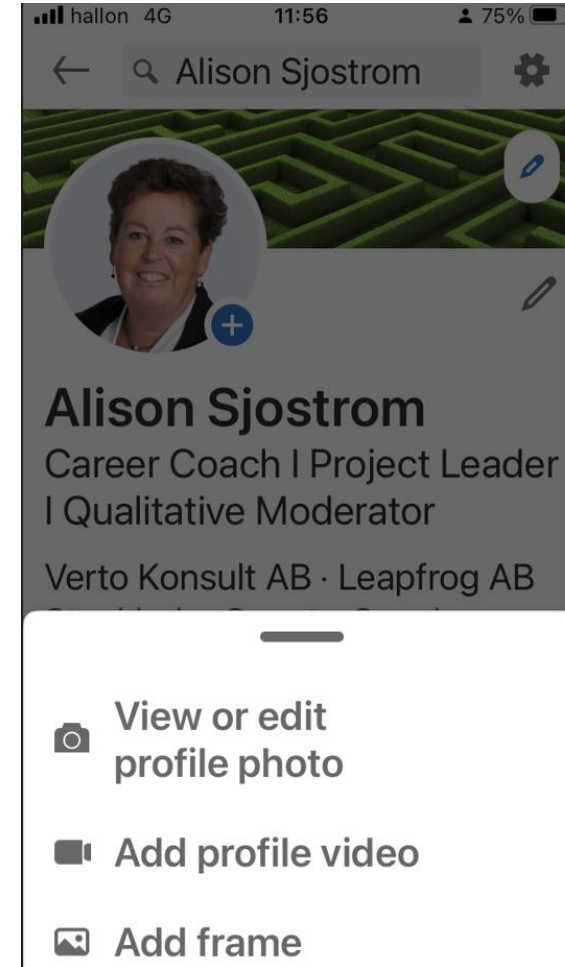
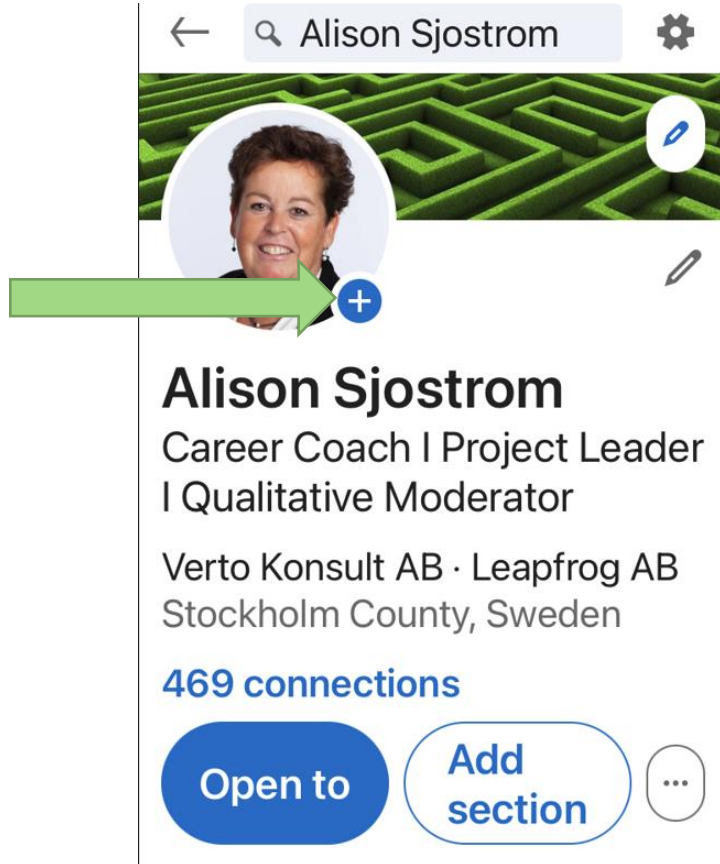
hallon 4G 15:56 79%

← Johan Åkesson

Johan Åkesson · 1st
Outplacement | Careercoaching | Jobplacement
Verto Konsult AB · Uppsala universitet
Stockholm, Stockholm County, Sweden
500+ connections
25 mutual connections:

Home My Network Post Notifications 1 Jobs


Present yourself - add a video.....





| Open to Work?

 Settings

#OPENTOWORK


 Account preferences

 Sign in & security

 Visibility

Job seeking preferences

Job application settings →

 Communications

Share your profile when you click Apply for a job

Off →


 Data privacy



Signal your interest to recruiters at companies you've created job alerts for

On →

Stored job applicant accounts →

 Advertising data

| Header

PhD

Experience



Karolinska Institutet

2 yrs 1 mo

• PhD Student

VS

PhD Molecular Biology | Immunology | Project
Management R & D

| About

WHAT

I am a biomedical scientist... immunology and virology... with a focus on study of long term resistance of viral infections.....

WHY

My goal is to put my expertise in use to push healthcare forward.

HOW

My technical skills include:

My transferable skills include:

| **!! Experience: Quantify your skills**

■ **Skills:**

Team Leadership · Fieldwork · Data Analysis · Project Management

ADD Bullet points with the what and even the how

- Successfully participated in over 30 projects each with a budget of over SEK..
- Project groups usually comprised of xxx members with me as Team Leader responsible for the budget, planning, production and follow up....

| !! Quantify your education

- **Education:**

PhD Student, Karolinska Institute

ADD Bullet points with the what and maybe even the how


- Department of Medical Biochemistry and Biophysics
- Cancer therapies
- Assessing the functional and metabolic consequences of gene modification...
- .

| Prioritise your skills


Skills


Microsoft Office

 Endorsed by 4 colleag


 6 endorsements


Microsoft Excel

 Endorsed by 4 colleag

 6 endorsements

Customer Service

 Endorsed by 4 colleag

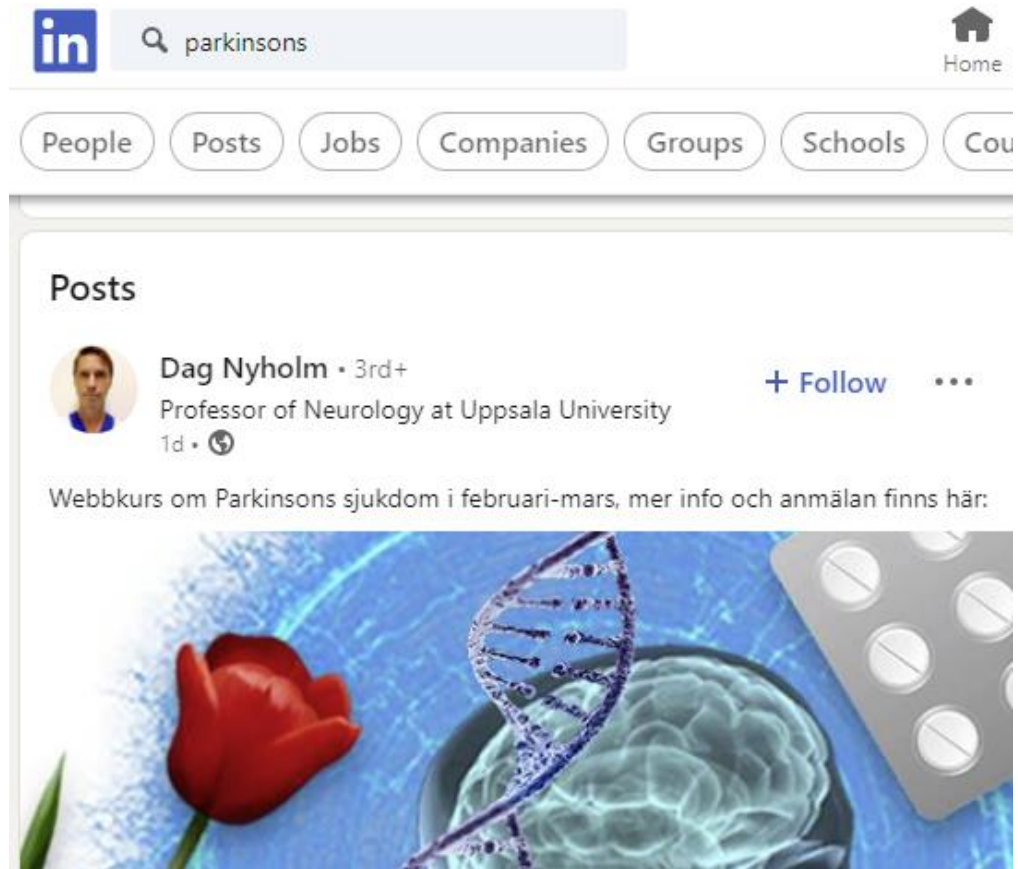
 5 endorsements

Demonstrate skills

...

← Reorder

| Follow Developments



The screenshot shows the LinkedIn search interface. At the top, there is a search bar with the text "parkinsons" and a magnifying glass icon. To the right of the search bar is a home icon labeled "Home". Below the search bar are several filter buttons: "People", "Posts", "Jobs", "Companies", "Groups", "Schools", and "Courses". The "Posts" filter is selected. The main content area shows a post by "Dag Nyholm • 3rd+", identified as "Professor of Neurology at Uppsala University". The post is dated "1d" and includes a globe icon. The text of the post reads: "Webbkurs om Parkinsons sjukdom i februari-mars, mer info och anmälan finns här:". Below the text is a rectangular image featuring a red tulip, a blue DNA double helix, a human brain, and a blister pack of white pills.

Posts
Events
Groups
Courses

Analytics

Analytics

Private to you

41 profile views
Discover who's viewed your profile.

169 post impressions
Check out who's engaging with your posts.

36 search appearances
See how often you appear in search results.

41
Profile viewers in the past 90 days

36
Search appearances

Top companies your searchers work at

SCP SCR (Smart Connect Research)

a. Acolad group

T Track Opinion

Cardiff Metropolitan University

Cisco

Top job titles of your searchers

Executive Director · 22%

Corporate Finance Specialist · 19%

- Home
- My Network
- Jobs
- Messaging
- Notifications
- Me
- Work

Posts, Articles, Share, Publications

Publications

Vägen till ditt nya arbete

Liber · Jan 22, 2014


Show publication 

"Den här boken ger dig verktygen för att optimera din arbetssökning. Författarna Johan Åkesson och Jörgen Kihlgren har nära trettio års samlad erfarenhet av att hjälpa arbetssökande att hitta rätt arbete."

Liber

| Visible or invisible?

 **Settings**

 **Account preferences**

 **Sign in & security**

 **Visibility** 

← Back

Profile viewing

Select what others see when you've viewed their profile

✓ **Your name and headline**



Alison Sjostrom
Career Coach | Project Leader | Qualitative Moderator
Täby, Stockholm County | Business Skills Training

Private profile characteristics



Career Counselor in the Human Resources industry

Private mode

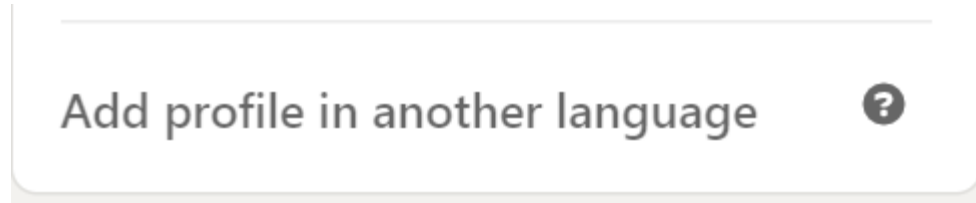


You will be in complete private mode

Selecting Private profile characteristics or Private mode will disable Who's Viewed Your Profile and erase your viewer history.

| Summary of important Tips

- Choose your language and stick to it or choose two languages



- Check your settings before starting
preferences, security, visibility

| Endorsements

Skills

Outplacement



Endorsed by Christel Zabell who is highly skilled at this



Endorsed by Anne-Lee Mellström and 1 other mutual connection



44 endorsements

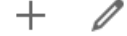
Endorse



Recommendations

Recommendations

Show all pending →



Received

Given

Ask Johan to recommend you



Help us personalize your request



Johan Åkesson • 1st

* Indicates required

How do you know Johan?

Relationship*

You worked with Johan in the same group

Position at the time*

Career Consultant at Verto Konsult AB

Include a personalized message*

Hi Johan,
Can you please recommend me. I am currently working with..... and am looking for positions as..... This will require that I can
Thank you and have a great weekend
Alison

190/3,000



in Recommendations

Recommendations

Show all pending →

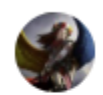


Received Given

Ask Viktoria for a revision



Include a personalized message about what revisions you're asking for



Viktoria Pro 🐛 • 1st

* Indicates required

Include a personalized message*

Hi Viktoria, can you please revise your recommendation for me? Specifically, could you change...

94/3,000

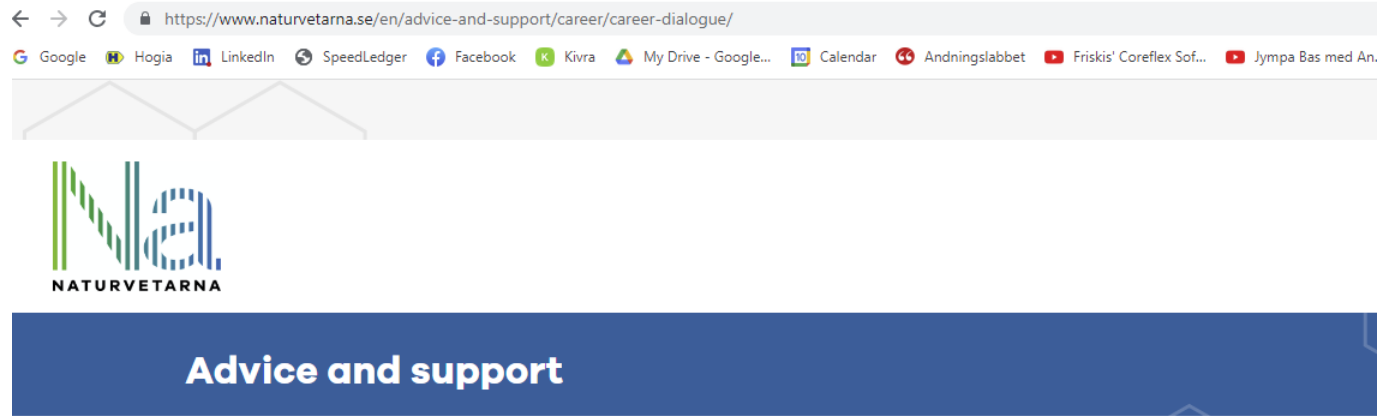


Send

| What PhD students forget to add

- Add your courses and certificates
- Add your volunteer experience
- Add committees, groups and organisations you have been involved with
- Soft skills – teaching, presentations, mentoring

| Next step?



[Start](#) › [Advice and support](#) › [Career](#) › [Career dialogue](#)

Career dialogue

Need some advice or support for how to progress to the next stage of your career? A career dialogue can help.

Career dialogue provide you with the tools to:

- Analyse your working situation and labour market.
- Reflect on how you can and want to develop your current work situation – whether you have a job or not.
- Establish a long-term career plan.
- Establish an inventory of your competence.

Booking the service involves a one-hour conversation with an advisor from our partner Verto Konsult AB.

Student members are entitled to a half-hour conversation.





Thank you for listening!



Na
NATURVETARNA