

## PD Dr. Silke Meiners

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I was trained as a biochemist and molecular biologist at the universities of Bonn (Germany), Norwich (GB) and obtained my PhD degree at the Max-Delbrück Centre for Molecular Medicine. After my postdoc training at the Institute of Biochemistry at the Charité in Berlin, I was able to establish myself as a group leader at the Cardiological Research lab of the Charité. There I habilitated with a work on the proteasome – the main protein degradation machinery of the cell - as a new therapeutic target for therapy of cardiovascular diseases. During that time I also got my three children. Since 2010, I'm an independent group leader in the *Comprehensive Pneumology Center* in Munich and dedicated to translational lung research. My lab focusses on proteasome function in lung disease which is emerging as a novel pathomechanistic target for chronic lung diseases. My research has been published in several basic and life science journals over the past years. I'm a member of the DZL academy board, ombudsperson for PhD students at the Helmholtz Zentrum München and have served as a mentor for the DZL, ERS and ATS. Currently, I'm the chair of group 3.2. of the assembly 3 of the ERS and actively take part in shaping translational respiratory research in Europe.

My understanding of mentorship is best expressed by the following citation from an article in *Nature Cell Biology* 12 (2010): *"A good starting point is to understand that the goal is not to turn out clones of one's self but rather to be able to recognize the individual potential of mentees and to encourage them in research projects that match their interests, skills and personalities. Successful mentors foster creativity and independence and ensure that trainees have opportunities to develop essential skills beyond bench work for their future success in research, for example, in critical analysis and communication. Instilling high ethical standards in one's trainees is also important. Finally, for mentees with family commitments, a mentor who can provide an experienced perspective on the challenges of balancing work and family is invaluable."*