



EU-LIFE Woman Postdoc Mentoring Programme

Short bios of mentors



Tineke Lenstra

Group leader

NKI (The Netherlands Cancer Institute)

Amsterdam, The Netherlands

Tineke Lenstra is group leader at the Netherlands Cancer Institute (NKI) and OncoCode Institute, focusing on transcription dynamics in single cells. Tineke performed her PhD in the laboratory of Frank Holstege at University Medical Centre Utrecht, where she used genome-wide expression analysis to study transcription regulatory complexes. She was awarded a *cum laude* PhD in 2012. As a postdoc in laboratory of Dan Larson at the National Cancer Institute in Bethesda, USA, she used cutting-edge single-molecule techniques to study transcription dynamics in single cells. In 2016, she established an independent group at the Netherlands Cancer Institute (NKI) in Amsterdam, and in 2019, she joined OncoCode Institute. Her lab uses single-molecule live-cell microscopy to study the regulatory mechanisms of stochastic transcription in eukaryotic cells.

For her work, Tineke has received a number of awards, including the 2023 Aspasia Award of the Dutch Scientific Research Council (NWO), the 2023 Young Investigator Program of the European Molecular Biology Organization (EMBO), the 2020 Early Career Award of the Royal Netherlands Academy of Arts and Sciences (KNAW) and the 2018 prize of the Netherlands Society for Biochemistry and Molecular Biology (NVBMB). Her research was supported by prestigious personal research grants such as the NWO Talent Program VIDI grant and the ERC starting grant.

Tineke: "Over the years, I have followed multiple mentoring/leadership courses from organizations such as EMBO, NIH and True Colors. In addition to mentoring the members of my group, I am a postdoc mentor at NKI and hopefully soon for EU-LIFE. I believe that being a good mentor is an important part of my job and that good mentorship can make a large difference for the development, motivation and skills of future scientists."