



EU-LIFE Woman Postdoc Mentoring Programme

Short bios of mentors



Sophie Trefely

Group leader

Babraham Institute

Cambridge, UK

I grew up and completed my schooling, undergraduate and PhD training in Australia earning a BMedSci(Hons) at UNSW in 2008. I worked for 1 year as a research assistant in the Diabetes and Metabolism department at the Garvan Institute of Medical Research before starting my PhD training studying insulin action in the lab of David James, which I completed in 2015. In 2015 I moved to the University of Pennsylvania (USA) for my post-doctoral training. I joined the labs of Kathryn Wellen and Nathaniel Snyder in a joint position. My focus was on understanding the impact of nutrient metabolism on health. To do this I learned and applied mass spectrometry to understand the role of metabolites as cellular signalling molecules. In January 2022, I established my research group at the Babraham Institute (UK) as part of the Epigenetics and Signalling Programmes. My lab investigates metabolic regulation of the nucleus with the goal of understanding how nutrients affect chromatin modification and how this may be manipulated in cell reprogramming.

My expertise is in metabolism and metabolomics (liquid chromatography-mass spectrometry) in the context of cell biology and epigenetics. In terms of mentoring, I can discuss how to make the most of a postdoc position and do what you love, overcoming technical challenges, networks and relationships, managing projects and collaborations, managing living overseas, and transitioning to a PI position.