

Research and Enterprise Training Institute

Researcher Training for PGR Students & Staff 2022/23

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Postgraduate Researcher Development Programme mandatory training schedule 2022-23

The Postgraduate Researcher Development Programme (PGRDP) is the university's approach to personal development and skills training of postgraduate research students (PGRs). Please see the PGRDP Handbook for details for your programme.

PGRDP: Strand 1 – Introduction to Research Skills – All PGRs are required to complete all the sessions and online courses. You are required to engage with this strand at the first available opportunity following your registration as a postgraduate research student with the university and complete your training within your first year of study for full-time (FT) students and within your first two years of study for part-time (PT) students.

You should aim to complete both taught sessions as soon as possible and a certificate will only be issued on completion of these two sessions. The online Information Compliance courses are self-certificated. EdD students please note, not all of the sessions below apply to you, please refer to your programme handbook for further details.

Session Title	Facilitator/s	Dates Location Time (attendance is required at only one of the dates for each session)
 Working towards a doctorate: Roles and responsibilities Library support for researchers Research design, Intellectual property and Research Ethics 	Aradhana Mehra Nadine Edwards Peter Griffiths Paul Williams	Fri 7 October 2022 Online 09:30 – 13:30 Fri 9 December 2022 Greenwich 13:00 - 17:00 Mon 6 Feb 2023 Online 13:00 – 17:00 Fri 12 May 2023 Medway 13:00 – 17:00
 Excelling in your doctorate: Project planning and time management Literature review Research integrity 	Dave Filipović-Carter <i>– external facilitator</i>	Fri 14 October 2022 Online 10:00 – 13:00 Mon 12 December 2022 Greenwich 13:00–16:00 Fri 10 February 2023 Online 13:00 – 16:00 Fri 19 May 2023 Medway 13:00 – 16:00

The lead Researcher Training Officer for Strand 1 is Harvinder Birdi.

Information compliance for researchers

Please see <u>University's Information Security Webpage</u> - it is everybody's responsibility to keep University data and IT systems secure. Find out how to protect yourself, your data and your devices and access the policies and procedures we use to keep our data safe. Please complete the following two **mandatory** online training courses:

- Information Security Awareness
- Data Protection (Including GDPR)

PGRDP: Strand 2 – Teaching Skills – All PGRs are required to complete all the sessions. You are required to engage with this strand at the first available opportunity following you registering with the university, and complete your training, and any assessment associated with it, within your first year of study for full-time (FT) students and within your first two years of study for part-time (PT) students.

You are required to undertake the following sessions in number order in the same **Term**, where possible. Please refer to the PGRDP Programme Handbook for further details including application for exemption, if applicable. Please see Strand 2 Teaching Skills handbook available on the <u>PGRDP</u> <u>Moodle site</u> for full details on the session content. These sessions are organised and delivered by Academic and Learning Enhancement.

The lead Researcher Training Officer for Strand 2 is Harvinder Birdi.

Session Title	Facilitator Guest Speakers (please note that there will be differences in guest speakers in each term)	Dates Location Time (attendance is required at all 6 sessions at given Termly dates for each session)
1. How we learn and Inclusive Pedagogy	Suzan Koseoglu Emma Kennedy Shapna Compton Gwen Thomas	Thu 13 October 2022 (Term 1) Medway 13:00 – 16:00 Thu 23 February 2023 (Term 2) Greenwich 13:00 – 16:00 Thu 11 May 2023 (Term 3) Online 10:00 – 13:00
2. Engaging students in Lectures	Suzan Koseoglu Louise Owusu-Kwarteng Stuart Simms	Thu 20 October 2022 (Term 1) Online 13:00 - 15:00 Thu 02 March 2023 (Term 2) Online 13:00 - 15:00 Tue 16 May 2023 (Term 3) Online 10:00 - 12:00
3. Small Group Teaching	Suzan Koseoglu Susan Shorter	Thu 27 October 2022 (Term 1) Online 13:00 - 15:00 Thu 9 March 2023 (Term 2) Online 13:00 - 15:00 Thu 18 May 2023 (Term 3) Online 10:00 - 12:00
4. Developmental Assessment and Feedback	Suzan Koseoglu Gordon Ade-Ojo	Thu 3 November 2022 (Term 1) Online 13:00 – 15:00 Thu 16 March 2023 (Term 2) Online 13:00 – 15:00 Tue 23 May 2023 (Term 3) Online 10:00 – 12:00
5. Teaching Skills Drop-In (optional session)	Suzan Koseoglu	Fri 4 November 2022 (Term 1) Online 10:00 - 11:00 Fri 17 March 2023 (Term 2) Online 10:00 - 11:00 Thu 25 May 2023 (Term 3) Online 10:00 - 11:00
6. Microteaching	Suzan Koseoglu Eve Rapley, Emma Kennedy, Rachel George, Kendall Jarrett, Kailey Hazeldene	Thu 10 November 2022 (Term 1) Medway 13:00 – 16:00 Thu 23 March 2023 (Term 2) Greenwich 13:00 – 16:00 Fri 26 May 2023 (Term 3) Online 10:00 – 13:00

PGRDP: Strand 3 – Exam Preparation – All PGRs are required to attend the mandatory Strand 3 sessions. EdD students please note, not all the sessions below apply to you, please refer to your programme Handbook for further details.

Training on 'Preparing for your transfer from MPhil to PhD' must be completed **prior** to the submission of your RDA2 form 'transfer of registration from MPhil to PhD'. Training on 'Preparing for your final examination' must be completed prior to the submission of your RDA6a/b form 'approval of examination arrangements and thesis submission'.

The lead Researcher Training Officer for Strand 3 is Karena Whiting.

Session Title	Facilitator	Dates Location Time (attendance is required at only one of the dates for each session)
Preparing for your MPhil to PhD transfer	Aradhana Mehra	Wed 5 October 2022 Online 10:00 – 11:30
		Wed 18 January 2023 Medway 14:00 – 15:30
		Thu 20 April 2023 Online 10:00 – 11:30
		Wed 21 June 2023 Greenwich 14:00 – 15:30
Preparing for your final examination	Aradhana Mehra	Wed 26 October 2022 Online 10:00 – 11:30
MPhil/PhD students - Only attend this session once you have		Thu 26 January 2023 Medway 14:00 – 15:30
<i>successfully transferred from MPhil to PhD.</i>		Thu 27 April 2023 Online 14:00 – 15:30
<i>All students should refer to the PGRP Handbook for further information.</i>		Wed 28 June 2023 Greenwich 10:00 – 11:30

BOOKING FOR MANDATORY SESSIONS

You are required to request a booking for all mandatory sessions, and more details and booking information will be available before the session occurrence via the <u>PGRDP Moodle site</u>. This is a self-enrolment site and when prompted please enter the enrolment key which is: **PGRO**

Please note that the dates, times and location of the sessions may be subject to change. Any changes will be announced via the <u>PGRDP Moodle site</u>.

Please be aware of the University <u>Training Events Cancellation Information</u> which may be applied for non-attendance.



Researcher Training Schedule for PGR Students & Staff 2022-2023

Further details on training and booking links will be circulated on a regular basis giving more information on the individual sessions. Booking is essential and your early registration is required as places are limited. Please be aware of the <u>Training Events</u> <u>Cancellation Information</u> which may be applied for non-attendance.

Staff only sessions PGRs & Staff sessions PGRs only sessions

Lunch n' Learn PGR Wellbeing

'Essentials' of Researcher Training Programme for Staff at the University of Greenwich

Session Title	Lead Researcher Training Officer	Date Location Time	Who should attend?
Undertaking and managing research	Karena Whiting	Tue 8 November 2022 Greenwich, room TBC 10.00-12.00 Thu 9 February 2023 Online 14.00-16.00 Wed 19 April 2023 Medway, room TBC 14.00-16.00	 Linked with staff appraisal. Mandatory for new staff on the 'research' and 'enterprise' pathways. Optional for staff on the 'teaching' pathway. Refresher required every 3 years.
Recruitment & selection of PGR students	Karena Whiting	Wed 30 November 2022 Online 10.00-12.00 Tue 28 February 2023 Avery Hill 14.00-16.00 Wed 24 May 2023 Online 10.00-12.00	 Linked with staff appraisal. Mandatory for new staff on the 'research' pathway. Mandatory for staff recruiting PGR students. Optional for staff on the 'enterprise' and 'teaching' pathways. Refresher required every 3 years.
Supervising PGR students	Karena Whiting	Wed 9 November 2022 Greenwich, room TBC 13.00-16.30 Wed 15 February 2023 Medway, room TBC 13.00-16.30 Wed 17 May 2023 Online 09.30-13.00	 Linked with staff appraisal. Mandatory for new staff on the 'research' pathway. Mandatory for staff supervising PGR students. Optional for staff on the 'enterprise' and 'teaching' pathways. Refresher required every 3 years.

International compliance	Karena Whiting	Tue 1 November 2022 Online 10.00-12.00 Wed 1 March 2023 Medway, room TBC 14.00-16.00	 Mandatory for staff supervising international overseas students on visas such as Tier 4. Refresher required every 3 years.
Ethical Research online courses: - Becoming an ethical researcher - Research Ethics in Practice	Harvinder Birdi	Sept 2022-Aug 2023 Online self-directed study Epigeum account registration: courses.epigeum.com/register Using university email: @greenwich.ac.uk Entry Token: a3cac962	 Mandatory for staff undertaking/supervising research that requires ethical approval. Both of these online training courses need to be completed before your application can be approved by the University Research Ethics Committee (UREC). You must provide self- certificates of completion for inclusion in your UREC application. Refresher required every 3 years.
Preparing to be a research degrees examiner Preparing to be	Karena Whiting Karena	Wed 19 October 2022 Online 10:00-12:00 Term 2 – TBC Wed 26 October 2022	 Mandatory for staff intending to act as a PGR examiner for both transfer from MPhil to PhD and internal / external viva examiner roles. Refresher required every 3 years. Mandatory for staff intending
Chair of a research degrees examination panel	Whiting	Online 14:00-16:00 Term 2 - TBC	to be Chair of an examination panel for PGRs. ° Refresher required every 3 years.

'Optional' training for Postgraduate Research Students (PGRs only)

Training aspect	Session Title	Lead Researcher Training Officer	Date Location Time
Writing support	Academic Writing: Reduce Anxiety - external facilitator	Harvinder Birdi	Mon 6 March 2023 Online 10:00-13:00
	Writing retreat: To complete drafts and support for proof reading	Karena Whiting	Tue 15-Thu 17 November 2022 Online 09:30-16:30 Tue 28-Thu 30 March 2023 Online 09:30-16:30
Supporting the PGR journey	Your PhD in a Day	Karena Whiting	Tue 14 March 2023 Greenwich 10:00-13:00
	Understanding the Doctoral Viva – external facilitator	Karena Whiting	Tue 01 Nov 2022 Online 14:00-16:00 Wed 15 March 2023 Online 10:00-12:00
Presentation skills	3MT 2023 Powerful Presentations Masterclass for 3MT participants – external facilitator	Harvinder Birdi	Fri 27 January 2023 Online 10:00-13:00

for Finalists - external facilitatorBirdiOnline 10:00-13:00Career developmentEmployability Skills for ResearchersHarvinder BirdiMon 24 April 2023 Online 10:00-13:00Mental health &7 Habits for PhD ResearcherKarenaThu 27 October 2022				
Independence Independence Career Employability Skills for Researchers Harvinder Birdi Mon 24 April 2023 Online 10:00 - 13:00 Mental health & wellbeing P Habits for PID Researcher Wellbeing Karena Whiting The 27 October 2022 Online 14:00 - 16:00 Coach Yourself Through Imposter Syndrome - external facilitator Karena Whiting The 27 October 2022 Online 14:00 - 16:00 Additional research skills UEA (University of East Anglia) Online raining Series for PGRs - external facilitator Harvinder Birdi Online 14:00 - 16:00 Booking for UEA Online Training Series is directly with UEA. Details are available on the PGRDP Moodle site. Online virtual classroom (ELCTA Webinar) Evening Webinars 19:00-21:00 DoWMUD DELECTA SOFTHWARE to attend UEA sessions provided by Elects-Live directly from the Electa website. Hervinder Birdi Evening Webinars 19:00-21:00 Module 1: Academic Writing Hervinder Birdi Hervinder Birdi Evening Webinars 10:00-21:00 Module 2: Qualitative Research Skills Hervinder Birdi Evening Webinars 10:00-21:00 Module 3: Finishing your PhD Hervinder Birdi Hervinder Birdi Evening Webinars 10:00-21:00 Woring Webinars 10:00-21:00 Tue 20 Astr. Tue 25 Astr. Tue 21 Mar. Wed 20 Avr. Tue 14 Arc. 20:00, Tue 24 Astr. Tu		3MT 2023 Powerful Presentations		Fri 21 April 2023
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	Exclusive UEA training for University of Greenwich PGRs – external facilitator DOWNLOAD ELECTA SOFTWARE to at directly from the Electa website. Please the day of the session.		· · ·
	Module 1: Academic Writing - What Should a Literature Review Do?	Harvinder Birdi	Thu 11 May 2023 Online 13:00-15:00
Exclusive - additional	Module 1: Academic Writing - Writing Effectively		Thu 18 May 2023 Online 13:00-15:00
research skills	Module 1: Academic Writing - Academic Publishing		Thu 25 May 2023 Online 13:00-15:00
	Module 1: Academic Writing - Writing & Structuring an Effective Thesis		Thu 01 June 2023 Online 13:00-15:00
	Module 2: Qualitative Research Skills - Comparison of Qualitative Methods		Fri 02 June 2023 Online 10:00-12:00
	Module 3: Finishing your PhD - Preparing for your Viva		Mon 5 June 2023 Online 13:00-15:00
	Module 3: Finishing your PhD - On the Job: Securing a First Academic Post		Mon 15 May 2023 Online 10:00-12:00
	Module 3: Finishing your PhD - Preparing Impactful Research Proposals & Grant Application		Mon 22 May 2023 Online 10:00-12:00

'Optional' training for Postgraduate Research Students (PGRs) & Staff

Training aspect	Session Title	Lead Researcher Training Officer	Date Location Time
Developing your research skills	Becoming a Researcher	Harvinder Birdi	Sept 2022-Aug 2023 Online self-directed study Epigeum account registration: <u>courses.epigeum.com/register</u> Using university email: @greenwich.ac.uk Entry Token: 5aac40e2
	Research Methods	Harvinder Birdi	Sept 2022-Aug 2023 Online self-directed study Epigeum account registration: <u>courses.epigeum.com/register</u> Using university email: @greenwich.ac.uk Entry Token: c6ebf0aa
Research integrity	Research integrity	Harvinder Birdi	Sep 2022-Aug 2023 Online self-directed study Epigeum account registration: courses.epigeum.com/register

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			Using university email: @greenwich.ac.uk
			Entry Token: 16729d4d
Research ethics	Ethical Research online courses:	Harvinder	Sept 2022-Aug 2023
Research ethics	- Becoming an Ethical Researcher	Birdi	Online self-directed study
	- Research Ethics in Practice		Epigeum account registration: courses.epigeum.com/register
			Using university email: @greenwich.ac.uk
			Entry Token: a3cac962
Research data	Introduction to Research Data	Karena	Tue 8 November 2022
management	Management	Whiting	Greenwich 14:00-16:00
			Thu 02 March 2023 Online 10:00-12:00
	NVivo for Windows users	Karena	Thu 01 December 2022
	-external facilitator	Whiting	Online 09:30-16:30
			Thu 16 February 2023 Online 09:30-16:30
	NVivo for Mac users	Karena	Thu 19 January 2023
	-external facilitator	Whiting	Online 09:30-16:30
	SPSS Statistics –external facilitator	Karena Whiting	Wed 02 November 2022 Online 09:30-16:30
			Tue 07 March 2023
	Mandalay Deference	Harvinder	Online 09:30-16:30 Mon 05 December 2022
	Mendeley – Reference Management Software	Birdi	Online 10:00-11:00
	Copyright and Use of 3rd party content in your Thesis	Harvinder Birdi	Mon 12 December 2022 Online 10:00-11:00
	Scopus	Harvinder Birdi	Mon 12 December 2022 Online 11:30-12:30
	Why Research Needs to Change; An Introduction to Open Science /	Karena Whiting	Tue 24 January 2023 Online 10:00-12:00
	Scholarship Practices		Thu 20 April 2023 Online 14:00-16:00
	Research data; A Practical Guide for Open Data Sharing	Karena Whiting	Thu 26 Jan 2023 Online 10:00-12:00
			Tues 23 May 2023
Decession		Kerer -	Online 14:00-16:00
Research Impact	Getting Ready for the Research Impact Revolution	Karena Whiting	Wed 31 May 2023 Online 10:00-12:00
	Maximising impact from your research: Non-academic	Karena Whiting	Wed 1 Feb 2023 Online 14:00-16:30
	stakeholder engagement		Tue 30 May 2023
D			Online 10:00-12:30
Research Collaborations	Interdisciplinary Research Collaborations	Karena Whiting	Tue 14 February 2023 Online 14:00:16:00
			Thu 1 June 2023 Online 10:00-12:00
Communication	Impactful Academic Writing	Karena	Tue 31 Jan 2023
skills	– external facilitator	Whiting	Online 9:30-15:30
			Tue 9 May 2023 Online 09:30-15:30

	Introduction to Three Minute Thesis-3MT Powerful Presentations & Personal Impact Masterclass - external facilitator Confident Conference Communications - external facilitator	Harvinder Birdi Harvinder Birdi Karena Whiting	Mon 17 October 2022 Online 10:30-13:00 Fri 20 Jan 2023 Online 13:00-15:30 Mon 20 March 2023 Medway 10:00-13:00 Tue 6 December 2022 Online 09:30-15:30 Wed 26 April 2023
Research publication	Publishing Your Research- The 3 P's	Karena Whiting	Online 09:30-15:30 Thu 10 November 2022 Medway 10:00-12:00 Wed 15 March 2023 Online 14:00-16:00
Social media and tools	Social Media for researchers - external facilitator Social Media Videos, Podcasts & Blogs for researchers - external facilitator	Harvinder Birdi Harvinder Birdi	Thu 24 November 2022 Online 09:30-15:00 Mon 16 January 2023 Online 09:30-13:00
Project	Digital Techs & Tools - external facilitator Productivity retreat with time &	Harvinder Birdi Harvinder	Mon 30 January 2023 Online 10:00-13:00 Wed 7 December 2022
management	stress management techniques – external facilitator Project management & Organisation – external facilitator	Birdi Harvinder Birdi	Online 09:30-15:00 Mon 13 March 2023 Online 09:30-15:00
Research & Enterprise funding	Grant writing 101 – external facilitator Both Parts 1 & 2 need to be attended	Karena Whiting	Tue 18 April 2023 (Part 1) Online 13:00-16:00 - and - Tue 25 April 2023 (Part 2) Online 10:00-13:00
	Attracting your own research funding: Fellowships & Grants – external facilitator	Harvinder Birdi	Fri 03 Feb 2023 Online 10:00-13:00
Enterprise training	Developing a business from your research Finding investment for your	Harvinder Birdi Harvinder	Wed 14 December 2022 Online 10:00-12:00 Wed 22 March 2023
Public engagement	business Developing a Strategic Approach	Birdi Harvinder Birdi	Online 10:00-12:00 Tue 22 November 2022
Career development	to Public Engagement - external facilitator An introduction to careers outside of academia - external facilitator	Harvinder Birdi	Online 10:00-12:30 Mon 05 December 2022 Online 14:00-16:30

'Optional' training for staff only

Training aspect	Session Title	Lead Researcher Training Officer	Date Location Time
PGR supervision	Supervising part-time, distance & remote PGR students - external facilitator	Karena Whiting	Tue 29 November 2022 Online 10:00-11:30
	Resilient Supervision in Practice - external facilitator	Karena Whiting	Wed 8 March 2023 Online 14:00-16:00
Research impact	Research Impact Essentials; Translating your research knowledge for economic, social and environmental benefit	Karena Whiting	Tue 29 November 2022 Online 14:00-16:00 Thu 09 March 2023 Online 10:00-12:00 Wed 10 May 2023 Online 15:00-17:00
Research ethics	Research Ethics Workshop	Karena Whiting	Wed 21 March 2023 Greenwich 10:00-13:00 Thu 25 May 2023 Online 09:30-12:30
Career development	Careers in leadership for researchers - external facilitator	Harvinder Birdi	Mon 17 April 2023 Online 09:30-15:00
Writing support	Proof reading of papers: through track changes to correct spelling, grammar, punctuation, and check reference citations in the reference list.	Karena Whiting	For more information, please email <u>reti-training@gre.ac.uk</u>



Lunch n' Learn

Welcome to the 'Lunch n' Learn' schedule of RETI Training for this academic year. RETI is excited to offer this as a new pilot via the delivery of short, snappy, informative sessions on topics that we hope you will find useful.

If there is anything you would like us to consider for future sessions, please email <u>reti-</u> <u>training@gre.ac.uk</u>

The sessions are offered to all academic staff and PGR students and will be delivered online only (via MS Teams) and places will not need to be booked.

All meeting links are included for your convenience and invitees will receive session details and a meeting invite approximately one month before the date of the session, which we would kindly ask you to accept for attendance.

Certificates of attendance will not be issued and feedback will be requested only at the end of the academic year on the overall concept and idea.

Date Location Time	Торіс	Content	Facilitators
Tue 11 October 2022 12:00-13:00 Online, via MS Teams Join on your computer or mobile app Click here to join the meeting Meeting ID: 322 555 012 821 Passcode: Rji2ca	<i>Once Upon a Time:</i> Storyboarding Your Research	 This session focusses on how you can use creativity and drawing to explore and organise your planning and research ideas. Allowing ourselves to think and work in a different way allows us to utilise different resources and different skills. We will explore storyboarding and mind maps and utilise online resources. In short, this is session for researchers who need help getting their research ideas out of their head on to paper/ screen but can't face writing pages of text. 	<u>Rodetal Ltd</u> Dr Katy Mahoney
Wed 9 November 2022 12:00-13:00Online, via MS Teams Join on your computer or mobile appClick here to join the meetingMeeting ID: 399 541 811 455 Passcode: xQhfeb	Building and maintaining a 'net' that 'works'	 In this focussed session, via some questions and simple models and ideas, we'll explore: How you might build a stronger network. How to raise your profile in a way that aligns with your research vision and values. How you could establish and foster new research connections – even without face-to-face conferences and events. 	<u>Hutchinson</u> <u>Training &</u> <u>Development</u> Dr Steve Hutchinson

Wed 7 December 2022 13:00-14:00 Online, via MS Teams Join on your computer or mobile app Click here to join the meeting Meeting ID: 356 984 136 42 Passcode: r6BDZ4	LinkedIn masterclass	 Discover the 4 stages to developing a professional online presence to gain impact through visibility, develop meaningful collaborations and contacts which will future proof your career opportunities. Uncover the 3 distinct elements to a personal brand. Distil what you do and your skills into clear and concise templated format. Learn the three steps to - in under 15 minutes a day - build your network full of ideal stakeholders, increase dynamism and gain visibility which attracts opportunities. 	Dr Hannah Roberts
Wed 11 January 2023 12:00-13:00 Online, via MS Teams Join on your computer or mobile app Click here to join the meeting Meeting ID: 351 469 133 172 Passcode: wX93mT	Overcoming Procrastination in the Research Context	A range of practical tools, 'tricks and tips' to help you implement the 2 fundamental principles of overcoming procrastination.	The Researcher Development Partnership Dr Matt Lane
Wed 8 Feb 2023 12:00-13:00 Online, via MS Teams Join on your computer or mobile app Click here to join the meeting Meeting ID: 349 347 206 75 Passcode: teXEz3	Money, and where to find it	A look at the funding opportunity databases the university has access to as well as a look at how to find tenders, grants, trusts and foundations as well as potential partners.	University of Greenwich James Rannard – Lambert
Wed 8 Mar 2023 12:00-13:00 Online, via MS Teams Join on your computer or mobile app Click here to join the meeting Meeting ID: 347 455 190 500 Passcode: VT5wC8	l'm a researcher – get me outta here!	Feeling like an academic career isn't for you? Concerned that you might not have the skills to move on from academia? Don't panic! Come along to this short session to transform an academic CV to a CV ready for any job away from academia. We will use the Vitae RDF to consider the skills and knowledge you have developed to create a CV ready for that next job.	<u>Rodetal Ltd</u> Dr Katy Mahoney

Wed 10 May 2023 12:00-13:00 Online, via MS Teams Join on your computer or mobile app Click here to join the meeting Meeting ID: 316 806 805 424 Passcode: iKCpwG	The Effective Remote Researcher	 In a post-pandemic reality of remote working, professional distancing and flexible professional arrangements we all need to rethink how to maximise our research effectiveness and efficiency. Additionally, many researchers operate away from their organisational base for much of their time. During this focused webinar session, we'll look at: Reflecting on the routines, habits and tactics of remote researching. Building routines, habits, strategies, environments and tools that will help generate 	Hutchinson Training & Development Dr Steve Hutchinson
Wed 7 June 2023 12:00-13:00 Online, via MS Teams Join on your computer or mobile app Click here to join the meeting Meeting ID: 310 716 775 184 Passcode: MJk75j	Research Resilience	 success as a remote researcher. Practical tools to help you develop your research resilience, including: An essential 3-step 'coping mantra' to cope effectively when things go wrong, Useful perspectives about your research to boost resilience, Creating your own individual strategies for boosting your wellbeing. 	The Researcher Development Partnership Dr Matt Lane



PGR Wellbeing

Wellbeing support and training

RETI take the mental health and wellbeing of our PGR students seriously and want to make your journey with us as enjoyable as possible. However, we understand that sometimes there may be 'bumps' along the way and that, at times, extra help and support may be needed. Under such circumstances, please contact your supervisors in the first instance; RETI is also available for support and clarification towards further steps. Please find below details on additional resources to support each of you through your studies.

Resource / Training	Title	Outline Web link
Open access web-resource	The wellbeing thesis	This <u>website</u> provides information to improve the mental health of PGRs. This is a national, open access web-resource, hosted by Student Minds charity. It takes a prevention and early intervention approach and aims to support postgraduate research student mental wellbeing.
		The wellbeing thesis
A practical guide for PGRs	Protecting your mental health: a practical guide for postgraduate research students in STEM	This guide is designed for PGRs to help develop the skills to protect their mental wellbeing as they navigate their journey as a research student Jonathans Voice
University of Greenwich support services	Wellbeing & mental health signposts for doctoral candidates	Practical advice for doctoral candidates for developing knowledge and understanding of mental health & wellbeing. <u>Wellbeing signposts for doctoral candidates</u>
Optional training for PGRs	Academic writing reduce anxiety	Mon 6 March 2023 Online 10:00-13:00
		The academic writing session is practice-based new 7 step methodology designed to reduce writing anxiety. PGR students will be writing their chapters in the workshop by using a non-traditional approach intended to enhance writing confidence. It is also designed for researchers as a confidence-building tool in their development as academic writers. Attendees should have a strong idea of the content of their paper and by the end will leave with a detailed outline planned to the last paragraph. Attendees will enhance their knowledge of strategies that reduce writing anxiety and gain confidence in developing their writing style. <u>Booking information</u> given above for RETI Training.

	7 Habits for PhD Researcher Wellbeing	Thu 27 October 2022 Online 10:00 – 12:00
		Wed 8 February 2023 Online 14:00 – 16:00
		This workshop will cover key themes relating to wellbeing and resilience. Participants are encouraged to reflect and share experiences with others and take part in discussion groups and activities. The session covers recognising progress and embedding bounce back and the need for wellbeing and good mental health when conducting research. Participants will end the session setting goals to be kind to their present and future selves.
		Booking information given above for RETI Training.
	Coach Yourself Through Imposter	Tue 13 December 2022 Online 10:00 – 12:00
	Syndrome	Wed 22 March 2023 Online 14:00 – 16:00
		The session will identify common aspects of impostor syndrome affecting researchers. The session will support researchers to cultivate helpful thought patterns and beliefs for confidence. The small group and peer coaching approach allows researchers to consider how they can begin to internalise accomplishments, challenge limiting beliefs and showcase strengths.
		Booking information given above for RETI Training.
Lunch n' Learn	Overcoming Procrastination in the Research Context	Wed 11 January 2023 Online, via MS Teams 12:00-13:00 <u>Click here to join the meeting</u>
		A range of practical tools, 'tricks and tips' to help you implement the 2 fundamental principles of overcoming procrastination
	Research Resilience	Wed 7 June 2023 Online, via MS Teams 12:00-13:00
		Click here to join the meeting
		 Practical tools to help you develop your research resilience, including: An essential 3-step 'coping mantra' to cope effectively when things go wrong Useful perspectives about your research to boost resilience Creating your own individual strategies for boosting your wellbeing