

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.

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

Session Title	Facilitator/s	Dates Location Time <i>(attendance is required at only one of the dates for each session)</i>
Working towards a doctorate: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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

Information compliance for researchers

Please see [University's Information Security Webpage](#) - 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 [PGRDP Moodle site](#) 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 <i>(please note that there will be differences in guest speakers in each term)</i>	Dates Location Time <i>(attendance is required at all 6 sessions at given Termly dates for each session)</i>
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 <i>(optional session)</i>	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 <i>(attendance is required at only one of the dates for each session)</i>
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 <i>MPhil/PhD students - Only attend this session once you have successfully transferred from MPhil to PhD.</i> <i>All students should refer to the PGRP Handbook for further information.</i>	Aradhana Mehra	Wed 26 October 2022 Online 10:00 – 11:30 Thu 26 January 2023 Medway 14:00 – 15:30 Thu 27 April 2023 Online 14:00 – 15:30 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 [PGRDP Moodle site](#). 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 [PGRDP Moodle site](#).

Please be aware of the University [Training Events Cancellation Information](#) 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 [Training Events Cancellation Information](#) 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	<p>Tue 8 November 2022 Greenwich, room TBC 10.00-12.00</p> <p>Thu 9 February 2023 Online 14.00-16.00</p> <p>Wed 19 April 2023 Medway, room TBC 14.00-16.00</p>	<ul style="list-style-type: none"> ◦ 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	<p>Wed 30 November 2022 Online 10.00-12.00</p> <p>Tue 28 February 2023 Avery Hill 14.00-16.00</p> <p>Wed 24 May 2023 Online 10.00-12.00</p>	<ul style="list-style-type: none"> ◦ 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	<p>Wed 9 November 2022 Greenwich, room TBC 13.00-16.30</p> <p>Wed 15 February 2023 Medway, room TBC 13.00-16.30</p> <p>Wed 17 May 2023 Online 09.30-13.00</p>	<ul style="list-style-type: none"> ◦ 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	<ul style="list-style-type: none"> ◦ 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	<ul style="list-style-type: none"> ◦ 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	Karena Whiting	Wed 19 October 2022 Online 10:00-12:00 Term 2 – TBC	<ul style="list-style-type: none"> ◦ 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.
Preparing to be Chair of a research degrees examination panel	Karena Whiting	Wed 26 October 2022 Online 14:00-16:00 Term 2 - TBC	<ul style="list-style-type: none"> ◦ Mandatory for staff intending 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 <i>- external facilitator</i>	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 <i>- external facilitator</i>	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 <i>- external facilitator</i>	Harvinder Birdi	Fri 27 January 2023 Online 10:00-13:00

	3MT 2023 Powerful Presentations for Finalists – <i>external facilitator</i>	Harvinder Birdi	Fri 21 April 2023 Online 10:00-13:00
Career development	Employability Skills for Researchers	Harvinder Birdi	Mon 24 April 2023 Online 10:00-13:00
Mental health & wellbeing	7 Habits for PhD Researcher Wellbeing – <i>external facilitator</i>	Karena Whiting	Thu 27 October 2022 Online 10:00 – 12:00 Wed 8 February 2023 Online 14:00 – 16:00
	Coach Yourself Through Imposter Syndrome – <i>external facilitator</i>	Karena Whiting	Tue 13 December 2022 Online 10:00 – 12:00 Wed 22 March 2023 Online 14:00 – 16:00
Additional research skills	UEA (University of East Anglia) Online Training Series for PGRs – <i>external facilitator</i>	Harvinder Birdi	Online virtual classroom (ELECTA Webinar)
	Booking for UEA Online Training Series is directly with UEA. Details are available on the PGRDP Moodle site. <i>DOWNLOAD ELECTA SOFTWARE</i> to attend UEA sessions provided by Electa-Live directly from the Electa website . <i>Please do this as soon as possible and do not wait for the day of the session.</i>		
	Module 1: Academic Writing	Harvinder Birdi	Evening Webinars 19:00-21:00 Tue 4 Oct 2022, Wed 5 Oct, Thu 6 Oct, Tue 11 Oct, Wed 12 Oct, Thu 13 Oct, Tue 18 Oct, Wed 19 Oct, Thu 20 Oct, Tue 25 Oct, Thu 27 Oct, Tue 10 Jan 2023, Tue 17 Jan, Tue 24 Jan, Tue 31 Jan Morning Webinars 10:00-12:00 Tue 15 Nov 2022, Wed 16 Nov, Thu 17 Nov, Wed 23 Nov, Tue 14 Mar 2023, Wed 15 Mar, Tue 21 Mar, Wed 22 Mar
	Module 2: Qualitative Research Skills		Evening Webinars 19:00-21:00 Tue 1 Nov 2022, Thu 3 Nov, Tue 8 Nov, Thu 10 Nov, Tue 15 Nov, Thu 17 Nov, Tue 22 Nov, Thu 24 Nov, Tue 7 Feb 2023, Tue 14 Feb, Tue 21 Feb, Tue 28 Feb, Tue 25, Apr 2023 Wed 26 Apr, Tue 2 May 2023, Wed 3 May Morning Webinars 10:00-12:00 Tue 10 Jan 2023, Wed 11 Jan, Tue 17 Jan, Wed 18 Jan
	Module 3: Finishing your PhD		Evening Webinars 19:00-21:00 Wed 30 Nov 2022, Thu 1 Dec 2022, Tue 6 Dec, Wed 22 Feb 2023, Wed 1 Mar 2023, Tue 7 Mar, Tue 9 May 2023 Morning Webinars 10:00-12:00 Tue 28, Mar 2023 Wed 29 Mar, Tue 18 Apr 2023
	Module 4: Teaching skills		Evening Webinars 19:00-21:00 Wed 7 Dec 2022, Tue 13 Dec, Wed 14 Dec, Tue 14 Mar 2023, Tue 21 Mar, Tue 28 Mar
Module 5: Quantitative Research Skills		Evening Webinars 19:00-21:00 Wed 29 Mar 2023, Tue 18 Apr 2023, Wed 19 Apr, Wed 10 May 2023, Tue 16 May, Wed 17 May	

Exclusive - additional research skills	Exclusive UEA training for University of Greenwich PGRs - external facilitator	Harvinder Birdi	Online virtual classroom (ELECTA Webinar)
	<i>DOWNLOAD ELECTA SOFTWARE</i> to attend UEA sessions provided by Electa-Live directly from the Electa <u>website</u> . Please do this as soon as possible and do not wait for 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
	Module 1: Academic Writing - Writing Effectively		Thu 18 May 2023 Online 13:00-15:00
	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 05 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: courses.epigeum.com/register Using university email: @greenwich.ac.uk Entry Token: 5aac40e2
	Research Methods	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: c6ebf0aa
Research integrity	Research integrity	Harvinder Birdi	Sep 2022-Aug 2023 Online self-directed study Epigeum account registration: courses.epigeum.com/register

			Using university email: @greenwich.ac.uk Entry Token: 16729d4d
Research ethics	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
Research data management	Introduction to Research Data Management	Karena Whiting	Tue 8 November 2022 Greenwich 14:00-16:00 Thu 02 March 2023 Online 10:00-12:00
	NVivo for Windows users <i>-external facilitator</i>	Karena Whiting	Thu 01 December 2022 Online 09:30-16:30 Thu 16 February 2023 Online 09:30-16:30
	NVivo for Mac users <i>-external facilitator</i>	Karena Whiting	Thu 19 January 2023 Online 09:30-16:30
	SPSS Statistics <i>-external facilitator</i>	Karena Whiting	Wed 02 November 2022 Online 09:30-16:30 Tue 07 March 2023 Online 09:30-16:30
	Mendeley – Reference Management Software	Harvinder Birdi	Mon 05 December 2022 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 / Scholarship Practices	Karena Whiting	Tue 24 January 2023 Online 10:00-12:00 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 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 stakeholder engagement	Karena Whiting	Wed 1 Feb 2023 Online 14:00-16:30 Tue 30 May 2023 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 skills	Impactful Academic Writing <i>- external facilitator</i>	Karena Whiting	Tue 31 Jan 2023 Online 9:30-15:30 Tue 9 May 2023 Online 09:30-15:30

	Introduction to Three Minute Thesis-3MT	Harvinder Birdi	Mon 17 October 2022 Online 10:30-13:00 Fri 20 Jan 2023 Online 13:00-15:30
	Powerful Presentations & Personal Impact Masterclass - <i>external facilitator</i>	Harvinder Birdi	Mon 20 March 2023 Medway 10:00-13:00
	Confident Conference Communications - <i>external facilitator</i>	Karena Whiting	Tue 6 December 2022 Online 09:30-15:30 Wed 26 April 2023 Online 09:30-15:30
Research publication	Publishing Your Research-The 3 P's	Karena Whiting	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 - <i>external facilitator</i>	Harvinder Birdi	Thu 24 November 2022 Online 09:30-15:00
	Social Media Videos, Podcasts & Blogs for researchers - <i>external facilitator</i>	Harvinder Birdi	Mon 16 January 2023 Online 09:30-13:00
	Digital Techs & Tools - <i>external facilitator</i>	Harvinder Birdi	Mon 30 January 2023 Online 10:00-13:00
Project management	Productivity retreat with time & stress management techniques - <i>external facilitator</i>	Harvinder Birdi	Wed 7 December 2022 Online 09:30-15:00
	Project management & Organisation - <i>external facilitator</i>	Harvinder Birdi	Mon 13 March 2023 Online 09:30-15:00
Research & Enterprise funding	Grant writing 101 - <i>external facilitator</i> <i>Both Parts 1 & 2 need to be attended</i>	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 - <i>external facilitator</i>	Harvinder Birdi	Fri 03 Feb 2023 Online 10:00-13:00
Enterprise training	Developing a business from your research	Harvinder Birdi	Wed 14 December 2022 Online 10:00-12:00
	Finding investment for your business	Harvinder Birdi	Wed 22 March 2023 Online 10:00-12:00
Public engagement	Developing a Strategic Approach to Public Engagement - <i>external facilitator</i>	Harvinder Birdi	Tue 22 November 2022 Online 10:00-12:30
Career development	An introduction to careers outside of academia - <i>external facilitator</i>	Harvinder Birdi	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 <i>- external facilitator</i>	Karena Whiting	Tue 29 November 2022 Online 10:00-11:30
	Resilient Supervision in Practice <i>- external facilitator</i>	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 <i>- external facilitator</i>	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 reti-training@gre.ac.uk



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 reti-training@gre.ac.uk

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	Topic	Content	Facilitators
<p>Tue 11 October 2022 12:00-13:00</p> <p>Online, via MS Teams Join on your computer or mobile app</p> <p><u>Click here to join the meeting</u></p> <p>Meeting ID: 322 555 012 821 Passcode: Rji2ca</p>	<p><i>Once Upon a Time: Storyboarding Your Research</i></p>	<p>This session focusses on how you can use creativity and drawing to explore and organise your planning and research ideas.</p> <ul style="list-style-type: none"> • 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. 	<p><u>Rodetal Ltd</u> <u>Dr Katy Mahoney</u></p>
<p>Wed 9 November 2022 12:00-13:00</p> <p>Online, via MS Teams Join on your computer or mobile app</p> <p><u>Click here to join the meeting</u></p> <p>Meeting ID: 399 541 811 455 Passcode: xQhfeb</p>	<p>Building and maintaining a 'net' that 'works'</p>	<p>In this focussed session, via some questions and simple models and ideas, we'll explore:</p> <ul style="list-style-type: none"> • 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. 	<p><u>Hutchinson Training & Development</u> <u>Dr Steve Hutchinson</u></p>

<p>Wed 7 December 2022 13:00-14:00</p> <p>Online, via MS Teams Join on your computer or mobile app</p> <p><u>Click here to join the meeting</u></p> <p>Meeting ID: 356 984 136 42 Passcode: r6BDZ4</p>	<p>LinkedIn masterclass</p>	<p>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.</p> <ul style="list-style-type: none"> • 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. 	<p><u>Dr Hannah Roberts</u></p>
<p>Wed 11 January 2023 12:00-13:00</p> <p>Online, via MS Teams Join on your computer or mobile app</p> <p><u>Click here to join the meeting</u></p> <p>Meeting ID: 351 469 133 172 Passcode: wX93mT</p>	<p>Overcoming Procrastination in the Research Context</p>	<p>A range of practical tools, 'tricks and tips' to help you implement the 2 fundamental principles of overcoming procrastination.</p>	<p>The Researcher Development Partnership Dr Matt Lane</p>
<p>Wed 8 Feb 2023 12:00-13:00</p> <p>Online, via MS Teams Join on your computer or mobile app</p> <p><u>Click here to join the meeting</u></p> <p>Meeting ID: 349 347 206 75 Passcode: teXEz3</p>	<p>Money, and where to find it</p>	<p>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.</p>	<p>University of Greenwich James Rannard – Lambert</p>
<p>Wed 8 Mar 2023 12:00-13:00</p> <p>Online, via MS Teams Join on your computer or mobile app</p> <p><u>Click here to join the meeting</u></p> <p>Meeting ID: 347 455 190 500 Passcode: VT5wC8</p>	<p>I'm a researcher – get me outta here!</p>	<p>Feeling like an academic career isn't for you? Concerned that you might not have the skills to move on from academia?</p> <p>Don't panic! Come along to this short session to transform an academic CV to a CV ready for any job away from academia.</p> <p>We will use the Vitae RDF to consider the skills and knowledge you have developed to create a CV ready for that next job.</p>	<p><u>Rodetal Ltd</u> Dr Katy Mahoney</p>

<p>Wed 10 May 2023 12:00-13:00</p> <p>Online, via MS Teams Join on your computer or mobile app</p> <p><u>Click here to join the meeting</u></p> <p>Meeting ID: 316 806 805 424 Passcode: iKCpwG</p>	<p>The Effective Remote Researcher</p>	<p>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.</p> <p>During this focused webinar session, we'll look at:</p> <ul style="list-style-type: none"> • Reflecting on the routines, habits and tactics of remote researching. • Building routines, habits, strategies, environments and tools that will help generate success as a remote researcher. 	<p><u>Hutchinson Training & Development</u> Dr Steve Hutchinson</p>
<p>Wed 7 June 2023 12:00-13:00</p> <p>Online, via MS Teams Join on your computer or mobile app</p> <p><u>Click here to join the meeting</u></p> <p>Meeting ID: 310 716 775 184 Passcode: MJk75j</p>	<p>Research Resilience</p>	<p>Practical tools to help you develop your research resilience, including:</p> <ul style="list-style-type: none"> • 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. 	<p>The Researcher Development Partnership Dr Matt Lane</p>

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 website 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. Wellbeing signposts for doctoral candidates
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. Booking information 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 Syndrome	Tue 13 December 2022 Online 10:00 – 12:00 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 Click here to join the meeting 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: <ul style="list-style-type: none"> • 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