

## PLATO

### Effective Researcher: A toolkit to manage yourself and your research

Friday 14<sup>th</sup> September, 9.30am – 3.30pm

#### Training overview

This course will build on your existing skills and research management techniques. We will start the day by critiquing your own and your peer's way of working. Highlight best practice and areas for improvement. You will do this using the peer mentor approach.

Skills sessions will introduce theories and concepts that, if implemented, can create efficiencies in how you manage your research and provide strategies for coping with personal stressors.

At the end of the day you will commit to a set of realistic objectives that will assist you in progressing your development action plan.

#### Training outline

9.30	Mentor skills	Develop your peer network. Set realistic objectives, listen and question
10.15	Where are you now?	Analysis of what is working and what is not working in the way that you approach your research
10.45	Break	
11.00	Negotiation skills session	Negotiate your time and prioritise your actions
11.30	Productivity skills session	Tools to create actions that create long term efficiencies in how you manage your research
12.30	Lunch	
1.15	Resilience skills session	A set of tips and tricks to manage pressure and reduce stress
2.15	Mindset and control	Two theories that will focus your energies on what you can influence and control
3.15	Action planning	Develop and commit to specific and realistic actions and reflection on the training
3.30	Finish	