UWE Bristol | University of the West of England

Researcher skills development programme 2019/2020

Dr Helen Frisby

Researcher Development Manager

Hello from the Researcher Development Manager...

When I first took this post up, a postgraduate researcher told me they relished the 'creative collisions' that happen when one takes time out to meet different people and learn new things. This comment was music to my ears, because it underpins everything we do on the Researcher Skills Development Programme here at UWE.

Working with your supervisors, you'll become the expert in your academic field. Meanwhile, by participating in the Researcher Skills Development Programme you'll hone the broader skills, attributes and behaviours which define the professionally curious. As well as our comprehensive regular programme of workshops, signature events such as Thesis Boot Camp and Three Minute Thesis–not to mention the Residential - are all coming back again this year.

Skills development activities are free of charge to all UWE PGRs, with many also open to UWE postdoc researchers. We've organised the programme according to what we think will be most useful at each stage of your PGR journey, enabling you quickly and easily to identify relevant topics. However we also know that the research journey can include all sorts of twists and turns, so feel free to attend what you need, when you need it and to take charge of your own professional and personal growth. Every session is led by selected subject experts–some internal to UWE, others bringing an outside perspective. So read on, to see what each has to say and offer.

Whatever your particular research journey or destination, I very much hope there's something here to meet a need, support you at a critical point or even inspire the magic Eureka! moment. Along with my Graduate School colleagues I'm here to help along that way–do please keep in touch.

Professor Neil Willey
Graduate School Director

...and the Graduate School Director

I am delighted to invite you to the events of the 2019-20 UWE Researcher Skills Development Programme–it is a really important part of the support we offer research degree candidates. The programme is focused on the different phases of a research degree and many of its topics are inspired by the Researcher Development Framework (RDF) of Vitae, the global leader in supporting the professional development of researchers. It has been designed to meet the latest national and global expectations, in particular those relating to the growth of personal and professional skills. We've done this not just to help you improve the quality of your research degree but also your experience of it and of life after it, whatever that might be. I'd thoroughly recommend that you attend as many events in the programme as you can–they are an excellent way not just of developing your skills but also of meeting some of the many other people who are part of UWE's research community.

Contents

How to use this guide – introducing the Researcher Development Framework

To find details of development activities typically undertaken by postgraduate researchers at your registration stage, simply turn to the relevant section of the workshop listings. We've also provided a handy pull-out skills development calendar so you can see at a glance when events are taking place.

Be sure to discuss your plans with your Director of Studies and supervisory team, so you all know what's happening and when–but also remember that ultimately you are responsible for investing in your research and yourself.

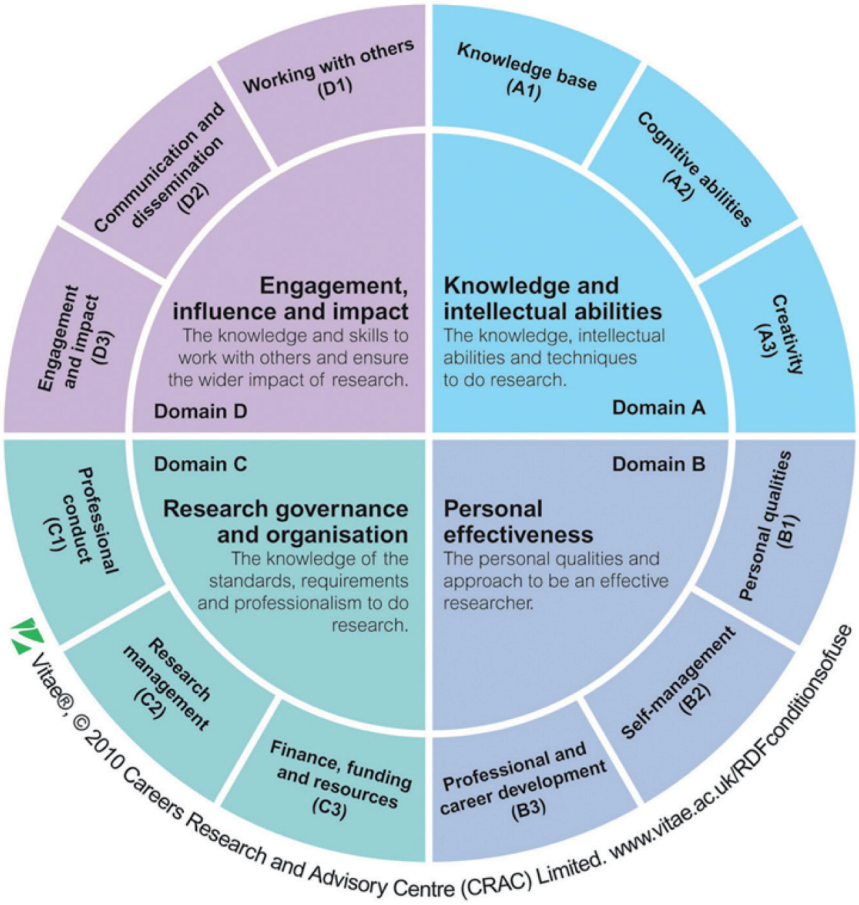
Via your UWE student email you'll receive updates pertaining to workshop practical arrangements, and reminding you What's On that month. This is also how you'll hear about ad hoc skills development activities as these are arranged during the year; so do keep a look out!

All our researcher development activities are mapped to the Researcher Development Framework (RDF), a nationally recognised tool for understanding and articulating the skills, attributes and behaviours required of a professional researcher. The Framework has been informed by interviews with successful researchers, the data from which has been distilled into four colour-coded categories or 'domains', broken down into twelve sub-domains and 63 descriptors.

As an apprentice researcher you can use the Framework to plot your existing strengths and identify areas for development. For instance you'll probably need to learn about research governance and data management–in which case, look out for the green-coded workshops in this brochure and make a particular effort to attend these early on in your registration.

The interactive, online version of the RDF will help you keep track of your growing experience and skills–especially useful for CV-writing and interviews.
To sign up please email **skillsdevelopment@uwe.ac.uk**

If there's something you'd like to see in the programme which would be useful for your development as a researcher let us know at **skillsdevelopment@uwe.ac.uk** While we can't guarantee to include everything, we'll certainly be happy to consider suggestions.


Knowledge base (A1)
Cognitive abilities (A2)
Creativity (A3)
Knowledge and intellectual abilities
The knowledge, intellectual abilities and techniques to do research.
Domain A
Personal qualities (B1)
Self-management (B2)
Professional and career development (B3)
Personal effectiveness
The personal qualities and approach to be an effective researcher.
Domain B
Professional conduct (C1)
Research management (C2)
Finance, funding and resources (C3)
Research governance and organisation
The knowledge of the standards, requirements and professionalism to do research.
Domain C
Working with others (D1)
Communication and dissemination (D2)
Engagement and impact (D3)
Engagement, influence and impact
The knowledge and skills to work with others and ensure the wider impact of research.
Domain D
Vitae®, © 2010 Careers Research and Advisory Centre (CRAC) Limited. www.vitae.ac.uk/RDFconditionsofuse

The taught credit requirement explained

Participation in the Skills Development Programme is voluntary–however the taught credit requirement is mandatory for all UWE postgraduate researchers.

Within three months of your start date for full timers, six months for part timers or other designated point for Professional Doctorates, you'll register your research project. As part of this process you and your Director of Studies will conduct a training needs analysis and specify which modules you'll be taking.

Since every doctoral project is by definition unique, there are no set modules for PGR. Here are some examples of modules you might take:

Research in Contemporary Context

Research in Contemporary Context (USSJLK-30-M) is a 30-credit module especially designed for postgraduate researchers. Through it you can gain credit for attending skills development workshops. Assessment comprises:

- Attendance at six dedicated workshops
- Attendance at six further Skills Development workshops of your choice
- Written reflective portfolio and case study

Other modules

info.uwe.ac.uk/modules/ lists all currently approved UWE modules. Here's a list of the modules most often taken by PGRs:

Faculty of Arts and Creative Industries (ACE)

Research Practice	UA1AFR-30-M
Research Portfolio	UPCARU-30-M
Research Methodologies	UPCART-30-M
Extended Project	UPCARV-120-M
Philosophy of Education in Virtual Worlds	UTVGSH-30-M
Research Methods in Virtual Worlds	UTVGSL-30-M

Faculty of Business and Law (FBL)

Ways of Knowing: Research Methodologies	UMPC64-30-M
Discovery: Research Methods	UMPC46-30-M
Research Methods	UJGUP7-30-M
Dissertation	UJGT85-30-M

Faculty of Environment and Technology (FET)

Advanced Specialist Text Study	UFMFJG-30-M
Research Writing	UFCEL6-15-M

Faculty of Health and Applied Sciences (HAS)

Qualitative and Quantitative Methods	USPJVK-15-M
Research Training and Professional Development	USSKDB-30-M
Researching Beneath The Surface	UZSN7U-30-M
Systematic Review	USPJHK-30-M

It may also be possible to obtain Accredited Learning (AL) for Masters level modules previously taken at UWE or elsewhere. However AL isn't an automatic entitlement simply by virtue of being a postgraduate researcher–you'll need to apply.

For further information about the taught credit requirement and AL, see Chapter 6 of the Graduate School Handbook.

PGR Welcome

- Friday 4 October 2019 11.00-17.00
- Wednesday 8 January 2020 11.00-17.00
- Tuesday 7 April 2020 11.00-17.00

Get your studies off to a flying start–this popular, informal event held three times a year helps newly registered postgraduate researchers get an overview of who's who and what's available. Also a useful refresher for postgraduate researchers returning from suspension.

- Welcome from Professor Neil Willey, Graduate School Director
- Meet the Graduate School team
- Advice and tips from current postgraduate researchers
- Learn about Wellbeing, Library and other support services
- Meet other new postgraduate researchers over a buffet lunch and after-event drink

Three Minute Thesis

- Tuesday 28 April 2020 12.00-14.00

Learn how to present your research concisely and engagingly.
See **threeminutethesis.uq.edu.au/** for details.

Thesis Boot Camp

- Friday-Sunday 22-24 November 2019
- Friday-Sunday 15-17 May 2020

Available to postgraduate researchers who've passed Progression and have collected some research data, Thesis Boot Camp is an intensive yet supportive environment in which to really get some words down on paper (or screen)!

Residential 2020: UWE GRADSchool

(£50 contribution payable)

• Tuesday-Friday 2–5 June 2020

Join us to reflect on your progress in the company of fellow postgraduate researchers. In a supportive environment you'll make friends who are in the same boat, find out new things you can do and ways forward for your research.

You might surprise yourself!

Getting going

Sage Research Methods	Library Services
This session will give you a thorough introduction to SAGE Research Methods, a database containing thousands of resources, dedicated to research methods across a range of subject areas. The interactive session will cover content and tools you can use in order to improve your research skills and capabilities. Participants will also have time to ask questions, so that by the end of the session, everyone will be ready to start exploring the platform independently and confidently. Learning outcomes • Understand what the SAGE Research Methods platform is • Be able to use SAGE Research Methods content and tools in your own teaching or research practice • To develop a reading list, using SAGE Research Methods, which could be used in your daily work to support your users or in your own independent research RDF domains A1, A2, C1, C2	**Wednesday** **27 November 2019** 14:00–16:30 **Wednesday** **18 March 2020** 14:00–16:30

Guide to Searching and Organising the Literatures	Library Services
Working with literatures is an integral part of research. It requires you to be organised in your strategies for seeking out the work of others but also to keep comprehensive records. This workshop will provide you with some tools and techniques to navigate this element of your projects. It will also include an introduction to reference management tools widely used at UWE. Learning outcomes • Understand how to construct an effective search strategy • Be able to identify appropriate Boolean operators to expand and limit searches • Understand how to conduct a literature review RDF domains A1, A2, C1, C2	**Tuesday** **5 November 2019** 13:30–16:00 **Wednesday** **25 March 2020** 13:30–16:00

Housekeeping for Your Data	Library Services
Based on guidance from the Digital Curation Centre (www.dcc.ac.uk), this session will take an in-depth look at some of the practical activities that relate to data management, preservation, and potential sharing and re-use. It will give an overview of a range of issues from data management planning, describing data, and deciding what data to keep, to finding a suitable long term home for your data. Learning outcomes • Be able to assess your own data activities using the principles of data management • Identify ways to care for and share data as appropriate • Being able to assess personal, sensitive and confidential data RDF domains A1, A2, C1, C2	**Wednesday** **13 November 2019** 14:00–16:00 **Wednesday** **20 May 2020** 14:00–16:00

Research Integrity and Data Management	Dr Alistair Clark and Library Services
This workshop will explain why universities have research ethics and data management processes, and how they function at UWE. You should come away feeling clear and confident about when and how to apply for UWE ethical approval for your research. Good data management is also a fundamental part of best research practice. If research data are well organised, documented, preserved and accessible, and their accuracy and validity are controlled, the result is high quality data, along with efficient and cost effective research that is ethically compliant. Added benefits include the potential to share and re-use data for future research activities. This workshop will help you to assess your own data management activities, and give some starting points for caring for your data. Learning outcomes • Understand the principles of the data management cycle and how to apply them to good research practice • Know how to complete a data management plan and where to find help • Have a good understanding of the research ethics process RDF domains C1, C2, A1, A2, B1	**Thursday** **7 November 2019** 09:30–13:30 **Wednesday** **29 January 2020** 13:00–17:00 **Wednesday 6 May 2020** 13:00–17:00

Introduction to Qualitative Data Analysis	Dr Christina Silver and Dr Sarah Bulloch
This one day course provides an overview of common approaches to analysing qualitative data (text, graphic, audio and video) and mixed methods approaches. It is intended for first year postgraduate research students. It includes information about various relevant online resources and references for further investigation. RDF domains A1, A2, C2	**Monday** **7 October 2019** 09:30–16:30

Introduction to NVivo	Dr Christina Silver and Dr Sarah Bulloch
This two day workshop will introduce you to the principles, functionality, and application of NVivo in the context of real research projects, illustrating how it can be used throughout the research process; from research design and literature review, through data analysis and write-up. Using a combination of demonstration, discussion, and hands-on practice you will use your own data and learn how to get the best from it. The workshop is facilitated by Dr Christina Silver or Dr Sarah Bulloch (University of Surrey and QDA Services) both experienced researchers and users of various computer-assisted qualitative data analysis software packages. For more information about NVivo see the CAQDAS Networking Project (www.surrey.ac.uk/sociology/research/researchcentres/caqdas/support/choosing/index.htm) and visit www.qsrinternational.com RDF domains A1, A2, A3, C2	**Tuesday 8 and Wednesday 9 October 2019** **Monday 10 and Tuesday 11 February 2020** **Monday 18 and Tuesday 19 May 2020** 09:30–16:30 on both days

The Dark Side of Quantitative Research: Integrity and Good Practice	Dr Chris Chambers
In this workshop we will challenge the main problems we face in our quantitative research, or the so called 'seven deadly sins.' The author of The Seven Deadly Sins of Psychology: A Manifesto for Reforming the Culture of Scientific Practice', Chris will help you tackle each of them. After this workshop you will feel equipped to resist the multiple temptations to take shortcuts in your research and publishing. Learning outcomes • To understand how biased, non-transparent practices reduce the quality of research and the range of measures that are available to address this problem and • To become familiar with Registered Reports (https://cos.io/rr/) as a solution for researchers who wish to improve the reliability and transparency of their work RDF domains A1, A2, A3, B1, C1, C2	**Tuesday** **10 December 2019** 11:00–15:00 **Thursday 26 March 2020** 11:00–15:00

Introduction to SPSS and Qualtrics	Dr Deirdre Toher
This one-day course will give a user-friendly comprehensive overview of the statistical packages SPSS and Qualtrics. The course has no pre-requisites and is open to all PhD students at UWE. The course will begin at the beginning and will include data entry, data formatting, managing computer output, data management, data processing, an introduction to syntax, and the creation of professional looking graphics. The course is instructor led, and driven by application. The course will not cover statistical inference, but at the end of this course, engaged attendees will have familiarity with the operation and functionality of SPSS. The course does not have pre-requisite. RDF domains A1, A2, A3, C2	**Friday 4 October 2019** 10:00–16:30

Quantitative Research Methods: The overview	Dr Paul White
This course will give an overview of the Scientific Method in Quantitative Research covering literature, research questions, scientific questions, ethics, design, deductive logic, statistical hypotheses, data capture, exploratory data analysis concepts and errors in statistical hypothesis testing, internal, external and other forms of validity, and conclusions. We will be putting the Scientific Method into practice using the two most commonly used statistical techniques (using SPSS) with discussion and practice examples with solutions. We will also review the literature, consider how to review a quantitative article based around pre-course reading material and discuss Questionable Research Practices and getting your work published. The course will use SPSS for part of the day, therefore it is advisable to attend 'An Introduction to SPSS' before registering for this course. Learning outcomes • An understanding of the Scientific Methods • An understanding of two levels designs • An understanding of the logic underpinning statistical analyses • An understanding of false positive findings RDF domains A1, A2, A3, C2	**Wednesday** **30 October 2019** 10:00–16:30

Introduction to R	Dr Andrew Smith
R is a statistical software package and statistical programming language, which provides a huge variety of tools for statistical analysis. It is the most widely used free statistical software in academia, and is a sought after statistical programming language. This course, tailored for the UWE research community, is an introduction to using the R software and language and suitable for those aiming to do quantitative research. The course is suitable for those who have never encountered R before. No previous statistical knowledge is assumed but participants should be familiar with Microsoft Windows and Excel. Topics include running calculations, handling data, organising instructions, calculation of summary statistics and producing graphics. Teaching is through guided computer practicals. The main learning objective is a familiarity with R that will give course participants a platform from which to explore the wide range of functions provided by R. RDF domains A1, A2, A3, C2	**Friday 1 November 2019** 10:00–16:30

The Progression Exam	Dr Tim Moss
This workshop will help you to successfully navigate Progression by explaining the regulations surrounding this important hurdle in your research degree journey, and providing hints and tips on putting together the written element and preparation for the oral examination. Also see Chapter 11 of the Graduate School Handbook for information on the Progression Exam. RDF domains C1, C2, A1, A3	**Monday 14 October 2019** 10:00–13:00 **Friday 24 January 2020** 10:00–13:00

The Middle Years

Qualitative Data Analysis Case Studies in NVivo	Dr Christina Silver & Dr Sarah Bulloch
This one day workshop is aimed at researchers who are already NVivo users. You will explore a range of ways that this software package can help you to manage qualitative research. The expert facilitator, Dr Christina Silver uses case studies to demonstrate the flexible and powerful features of NVivo in different scenarios. RDF domains A1, A2, A3, C2	**Monday** **11 November 2019** 09:30–16:30

Statistical Reasoning: Applying and understanding commonly used statistical techniques	Dr Paul White
"Talking to a statistician is like wrestling with a pig; after half an hour you realise the pig is enjoying it." This one day course builds on the course QRM: The Overview is a hands-on experience of putting into practice a host of the most commonly used statistical techniques (chi-square, nonparametric and parametric t-tests and correlations, before proceeding to regression and missing data analysis). Have a good night's sleep before attending. Learning outcomes • How to apply commonly used statistical tests • How to communicate the results of commonly used statistical tests • How to use multiple imputation RDF domains A1, A2, A3, C2	**Wednesday** **13 November 2019** 10:00–16:30

Maintaining Momentum and Writing Your Thesis	Professor Richard McClatchey
During the latter stages of a doctorate students often find it difficult to get started in writing for their thesis and in ensuring they maintain the drive and motivation for successful thesis submission. This workshop looks at the causes of loss of momentum in thesis writing, how we might remedy that and how to improve our writing skills. It looks at organisation for writing, some aspects of time management, finding the space and time to write whilst maintaining a good work-life balance. An experienced researcher will lead the workshop through short talks and interactive discussion together with hands-on exercises. The workshop will also provide hints and tips about timely thesis completion and will investigate what an External Examiner looks for in a thesis and, as a consequence, how a thesis might be structured, presented and defended in a viva. RDF domains D2, C2, B2, A3	**Wednesday** **11 December 2019** 10:30-15:30

Insider's Guide to Academic Writing	Professor John Albarran
What's the secret to academic writing? Why do some scholars seem to be really productive and how can you be a better writer. These are the questions that this topic attempts to answer by sharing some hints and tips about the writing process from established and well published academics, experienced journal editors and REF Panel members. RDF domains D3, D2, A3, A2, A1	**Thursday** **5 December 2019** 09:30–16:00 **Friday** **24 April 2020** 09:30–16:00

Academic Publishing Minefield Disarmed: Confidence Booster to Managing Copyright	Library Services
Want to know more about what you are signing over when accepting publisher agreements? Confused about which licence to select? Come along to this interactive session which aims to help you navigate your way through the publishing minefield. With information on the use of creative commons licences, open access and journal publishing options, this workshop will provide you with the tools to understand your publishing options. Learning outcomes • Understand how to retain your own copyright and make your work open access • Understand the benefits of open access for both yourself and the wider public • Know how to find the most appropriate journal for your research output and how to avoid predatory publishers RDF domains D2, C2, B3, A2, A3	**Wednesday** **22 January 2020** 14:00–16:00 **Wednesday** **3 June 2020** 14:00–16:00

Collaborating and Connecting	Professor Richard McClatchey
Essential attributes of an active researcher include the ability to develop networks of contacts, to establish and maintain collaborations with other researchers whether academic, industry or community-based and the ability to communicate effectively in collaborative research projects. Aspects of building networks and working with other researchers are investigated in this workshop and it will also touch on public engagement, dissemination and outreach from collaborative research. As communication is at the heart of collaboration the workshop will look at how we describe our research e.g. in an elevator pitch and via abstracts and how we can build teams and manage collaboration effectively over time. Case studies will be presented through short chalk & talk sessions and group exercises will provide the opportunity of learning together. RDF domains D1, D3, B1	**Wednesday** **5 February 2020** 10:30–15:30

Perfect Posters	Dr Sally Dowling
Sally has experience of producing conference posters and, in 2017, published a paper with Dr John Albarran which helps to identify what a 'perfect poster' might look like. This workshop will explore how to effectively communicate your research in the form of a conference poster. We will be looking at visual communication and why presenting a poster is different to writing a research paper or giving an oral presentation. You will have the chance to discuss hints and tips for designing posters with maximum impact. To read more: Dowling, S. and Albarran, J. (2017) Developing and producing a focused conference poster. British Journal of Cardiac Nursing, 12 (8). pp. 371-374. ISSN 2052-2207 Available from: https://uwe-repository.worktribe.com/output/883315 RDF domains D2, A2, A3	**Tuesday** **12 November 2019** 13:00–16:30 **Thursday** **19 March 2020** 10:00–13:00

Who is interested in my project? Creative dissemination of research	Dr Emma Weitkamp
In this workshop, we'll explore the different stakeholders and publics that might be interested in your doctoral research. Using creativity techniques, we'll think about ways to reach those groups that go beyond standard written forms. At the end of the session you will have developed tools and techniques specifically designed to enable you to reach new audiences with your research. RDF domains D1, D2, D3, B1, B2, B3	**Tuesday** **3 December 2019** 10:00–12:30

Half day Presentation Skills - Potential Energy (Presenting)	Piero Vitelli
If you type "Presentation Skills" into a search engine, you will find links to something in the region of 80 million pages. Begin to explore these pages, and you will discover a wealth of extremely good advice on the topics that can help make presentations better. These will probably include areas such as appropriate pace of speech, good eye contact, effective gestures and open body language. Undoubtedly this is all good advice, but most websites (and many workshops) are very good at telling you what to do but not how to actually do it. This is where Potential Energy is different: by exploring and exposing what we do intellectually, emotionally and physically when we communicate effectively in more familiar and less threatening situations, the course brings to life five fundamental principles of live communication. It illustrates in a practical way how we naturally and consistently fulfil them, suggests methods of transferring them and leaves attendees with four memorable and tangible concepts with which to approach presentations in the future; be it in the next day, month or year. An interactive seminar, it requires whole group participation and although no preparation is required, attendees should be prepared to speak to colleagues about their work for no longer than a minute as part of an exercise. RDF domains D2, D3, B1, B3	**Thursday** **23 January 2020** 09:00–12:00

Progress Review NEW WORKSHOP	Dr Tim Moss
Dr Tim Moss will lead this informal session detailing what you need to know to pass Progress Review stages 2, 3 and 4 - important milestones in your research degree project. RDF domains C1, C2, A1, A3	**Wednesday** **2 October 2019** 15:00–16:00 **Thursday** **9 January 2020** 10:00–11:00

Toward Submission and the Future

Managing Long Documents BACK BY POPULAR DEMAND	
This course gives you the tools you'll need to manage very long documents. You'll learn how to use the outline view and master documents to manage your work and we'll work through how to build and edit a table of contents, an index, create footnotes, and other referencing tools. We'll discuss good practice and how to make your document look beautiful. RDF domains A1, A2, A3, C2	**Monday** **18 November 2019** 13:30–16:30 **Thursday** **30 April 2020** 09:30–12:30

Your Strategies to Getting Published	**Professor John Albarran**
This workshop explores how to go about getting your research published: who you should be writing for, which journals to target and understanding the importance of complying with author guidelines and publication ethics. We will also look at the impact of open access publishing on how research is carried out and published. RDF domains D2, C2, B3, A3, A2	**Tuesday** **14 January 2020** 09:30–12:30

IP and Copyright-what it is & how to manage it to get the best from your research	**Dr Jim Houlihan and Charley Vaughton**
This session will provide an insight into what intellectual property is and how it is relevant to your research. In particular, it will help you understand how identifying and managing IP can help you get the impact you want from your research. It will also try and dispel some common myths and pitfalls you can avoid. The UWE IP policy will be explained. All UWE doctoral researchers are required to submit a digital copy of their thesis to the institutional research repository. Many of these will include third party copyrighted material to support the research. This workshop will help researchers become familiar with using copyright material legally in their thesis, from seeking permission and attributing material to finding and using copyright free and creative commons licensed resources. Learning outcomes • A knowledge of intellectual property • How IP is relevant to research and writing your thesis • What the UWE IP policy means RDF domains C1, C2, A1	**Tuesday** **17 December 2019** 10:00–12:30 **Thursday** **23 April 2020** 10:00–12:30

Introduction to Grant Writing and Getting Funding: how to write, assess and deliver successful bids	Dr Thom Oliver
The first half of the session will help participants explore potential routes to funding (large and small), and discover what makes a viable and successful fellowship bid. The second half will be a workshop with peer to peer review of a number of funding bids, to deliver insights on why some bids fail and others succeed, helping participants understand how to write to funder requirements, situate bids in the wider context, and make bids stand out ahead of others. RDF domains C3, C2, C1, B3, A1, A2, A3, D2, D3	**Thursday** **13 February 2020** 10:00–16:30 **Tuesday** **2 June 2020** 10:00–16:30

Building your Profile as an Early Career Researcher	Dr Thom Oliver
The early career space is both congested and contested. This session will explore options to define and assert your academic footprint and make your mark. The session will cover writing a good academic profile, where to put yourself online, and how you can use different media and outputs to extend the reach of your research. RDF domains D3, D2, B3, B2	**Thursday** **14 November 2019** 09:30–13:00 **Monday** **30 March 2020** 13:00–16:30

Managing Your Career In or Outside of Academia	Dr Tilly Line
This session will outline different academic career pathways the skill-sets required, promotional routes, and opportunities and challenges. It will also look at options outside of academia and how to translate the expertise gained via a doctorate to different types of employer. You'll be guided through a simple but effective framework for: • Exploring professional values and interests • Understanding the options open to you • Self- auditing skills, strengths and knowledge • Making a SMART personal career plan RDF domains B1, B2, B3	**Tuesday** **3 March 2020** 09:30–12:30 **Monday** **1 June 2020** 13:30–16:30

Exploring Social Entrepreneurship	Lauren Davies
Social entrepreneurs combine enterprising skills with a passion to change the world for the better and improve people's lives. Developing a social enterprise can be an exciting and rewarding career path for a doctoral graduate, combining your specialist skills and knowledge with key enterprise skills and a passion to make a difference. Through attending this session you will: • gain foundational knowledge of the concept of social enterprise from a multi-disciplinary perspective • critically reflect on your own skills and research interests and how these may lend themselves to social entrepreneurship • learn and apply a range of creative thinking and business planning tools to the development of a social enterprise idea RDF domains B1, B2, B3, D3, A3, B3	**Monday** **20 April 2020** 10:00–16:00

The Final Viva Examination	Dr Svetlana Cicmil
Essential advice on preparing for your final viva voce examination and the post-viva process, with plenty of opportunities to ask all those questions you've been wondering about concerning the final assessment stage. Also see Chapters 13 and 14 of the Graduate School Handbook for information on the final assessment process. RDF domains C1, C2, A1, A3	**Thursday** **10 October 2019** 10:30–13:30 **Thursday** **6 February 2020** 10:30–13:30

For everyone, anytime

Preparing to Teach	Yvonne Finn
This compulsory session for those PGRs who intend to teach at UWE will explore the principles of teaching and learning, focussing on the needs of those who are new to teaching. It will enable you to: • Analyse your own teaching skills • Identify learners' needs • Examine various principles of learning • Recognise how to manage learners • Justify appropriate ways of facilitating learning • Check that learning has taken place • Evaluate and review own teaching skills in light of new knowledge learnt in the workshop This workshop is the minimum requirement for those who want to teach in any format (e.g. demonstrating, assisting on field trips, lecturing, marking etc.) Human Resources therefore will not issue a contract for these types of work at UWE unless you've attended. RDF domains D1, D3, B3	**Wednesday 25 September 2019** **Wednesday 20 November 2019** **Wednesday 27 May 2020** all at 09:30–16:30

Got any questions? PGR Surgery	Graduate School
A friendly, confidential drop-in session for all PGRs, normally held on the first Monday lunchtime of each month. No need to book, and no such thing as a silly question–just turn up to room 4D19 and ask the Graduate School team about your PGR degree over a cup of tea and a biscuit. RDF domains C1, C2, A1, A3	**7 October 2019** **4 November 2019** **2 December 2019** **6 January 2020** **3 February 2020** **2 March 2020** **6 April 2020** **5 May 2020,** **1 June 2020** all sessions 12:00–13:00

Looking After Yourself During a Doctorate	Dr Helen Frisby & Gillian Richards
The postgraduate research journey is hugely rewarding, yet also intellectually and often emotionally challenging. Looking after your physical and mental health during your research degree is therefore paramount. Within the confidential space of this workshop, guided by experienced facilitators from Wellbeing Services and the Graduate School you will: • Meet and share experiences with fellow postgraduate researchers • Find out about available support services • Learn everyday coping strategies to foster mindfulness, resilience and relaxation RDF domains B1, B2, B3, D1	**Tuesday** **5 November 2019** 10:00–12:30 **Thursday** **16 April 2020** 14:00–16:30

Half day Confidence for PGRs – The Big Conversation (Confidence)	Piero Vitelli
Standing between us and a sense of greater confidence are any number of hurdles to face and overcome, only two of which this course has time to consider; what it might be, and one way in which the world around us can sometimes appear to keep it at bay. The etymology of the word 'Confidence' is Con Fidere, which is Latin for With Faith. In seemingly direct contrast, the Con Artist (or Confidence Trickster) relies on the good faith of their victim to perpetrate a fraud. These two facts are the inspiration behind the approach taken by The Big Con, a short voyage of discovery with some surprising views. Dr Elias Porter was an American psychologist, part of whose research explored the connections between our values, motivations and behaviour. Central to his Relationship Awareness Theory was what happens when people experience a sense of conflict through the world seeming to work against them in some way, and this work forms the basis for approximately half of the workshop. Participants will first explore the landscape of Porter's theory, testing to see if it might give them an objective lens through which to view and understand their behaviours. Then, through disclosure and group discussion, the workshop creates a series of snapshots that cast light on the frustration that can often present itself when individuals work in a group setting. By identifying personal strengths and group needs, participants can gain an insight into how their habits shape the world they see and others' perceptions of them. On the assumption that this is accepted, they can then construct the framework that allows them to move towards a greater understanding of how better to collude, rather than collide, with confidence. The final part of the workshop explores the mystery of Confidence itself with particular focus on what it is and how it can be perceived. RDF domains B1, B2, B3, D3, D2	**Friday** **28 February 2020** 09:00-12:00

Resilience–Going The Distance	Jacqui Reich
Personal resilience is the capacity to maintain wellbeing and performance at work under pressure, including the ability to recover from setbacks and adversity effectively. This practical and interactive course will explore and develop key concepts, interventions and actions which will assist PGRs to understand and boost their resilience skills to enable them to better meet and overcome workplace challenges. Having completed the course participants will have an understanding of the personal characteristics and learned skills that are required to build their resilience toolkit. The course will include: • An exploration of what resilience is in the context of work and study • Exploring the connection between resilience, stress, pressure and adversity • The importance of resilience in times of challenge and change. • Identifying personal strengths and characteristics that contribute to resilience • Resilience skills, tools and strategies–building a personal resilience toolkit • Practical application–using your resilience toolkit to enhance creative problem solving; get through blocks; and maintain energy and enthusiasm • Developing a personal plan for increasing resilience and wellbeing RDF domains B1, B2, B3	**Friday** **15 November 2019** 10:00–13:00 **Tuesday** **21 April 2020** 13:00–16:00

Specific Heat Capacity (Voice & Vocal Skills)	Piero Vitelli
Specific Heat Capacity is a three-hour voice workshop based on theatrical as well as practical experience, and aimed towards anyone wishing to develop their vocal ability. Divided into three equal parts, the workshop first explores and examines the voice itself from intention to comprehension, and gives participants the chance to form an objective opinion about their voice; something we all too frequently shy away from. The second part is a purely practical vocal warm up drawn from many years of theatrical practice. Participants should be under no illusion that this course, if it is to be useful, cannot remain purely theoretical. It includes elements like physical relaxation, breathing, a detailed exploration of the simple hum, the identification of body parts responsible for vocal projection and a celebration of what voices can do. All of these are undertaken in a whole group setting with no one being required to work individually. The final section aims to equip participants with a tool with which they can develop vocal control and tonal nuance. Based on the work of the late Yat Malmgren, Movement Psychology for Voice is a toolbox for performers that harnesses the connection between an inner sensation and an outer manifestation, and can be used by anyone prepared to really roll their sleeves up and get stuck in. Of all the body's tools for expression, the voice is the one that works perfectly at birth and slowly becomes hampered by habits, toxins and often our own thoughts. Specific Heat Capacity aims to equip participants with a framework and methodology that helps them set out on a journey back towards the time when their voice worked tirelessly, effortlessly and freely. RDF domains D2, D3, B1, B3	**Thursday** **23 January 2020** 13:00–16:00

Half day Professional Relationships and Conflict Management Mappa Mundi (Professional Relationships and Conflict)	**Piero Vitelli**
Each of us has total control over our intentions, but sometimes overlook the fact that others are the judge of our impact. This course offers a framework that allows us to explore the motivations that underpin both of these, leaving us more effective both on good days and in times of conflict. This course takes its name from the Medieval European maps that were purely schematic and only ever meant to illustrate broad differences. In much the same way, Dr Elias Porter's Relationship Awareness Theory is an attempt to articulate how motivations drive the intentions that result in our behaviours. His theory was developed into a similar schematic which offers a glimpse into a world where it might be possible to understand ourselves and our colleagues with a keener insight. In a world where 7.6 billion people demand to be considered unique whilst simultaneously seeming to define anyone who does not share their view as 'odd', this course aims to provide a lens through which to search for common ground and the vocabulary to articulate where it might be. The course also explores some of the work pioneered by Keith Johnstone in the area of Status Games, which can lend a sense of flexibility and control to a difficult situation. RDF domains B1, B2, B3, D1, D2, D3	**Friday** **28 February 2020** 13:00–16:00

The Practical Stuff – frequently asked questions

How much does it cost to attend a workshop?

All the workshops advertised in this brochure are free of charge* to UWE Bristol postgraduate researchers and research staff.

*£50 non-refundable contribution applies to Residential

*See cancellation policy

Who's eligible to attend workshops?

All UWE Bristol postgraduate researchers are eligible to attend skills development workshops. Occasionally participation is limited to postgraduate researchers who've passed a specified programme milestone, where our experience is that this is necessary in order fully to benefit. Taught postgraduates and undergraduates will not normally be eligible to attend.

Most of our researcher skills development workshops are also open to UWE research staff, particularly those in early career postdoctoral roles. Please check with the Graduate School Skills Development Team if unsure whether a particular workshop will be suitable for your needs.

How do I book my place?

Please book online via uwe.ac.uk/researchevents

Where are workshops held?

Most workshops are held at the UWE Frenchay Campus, and the event listing will advise the room number.

Will there be refreshments?

We usually provide tea, coffee and water at the start of each event. Otherwise you'll need to arrange your own refreshments (except for the Residential and Thesis Boot Camp, both of which are fully catered).

What if I have access needs?

We make every effort to hold workshops in accessible locations. Please let us know about any accessibility needs in good time, and we'll do everything reasonably possible to enable you to attend.

What if I can't attend in person?

We appreciate that not all PGRs can attend sessions in person, and are working on improving access to the researcher skills development programme via other means. Please contact us in good time before the session concerned, to help us find a solution enabling you to take part.

What if a workshop is fully booked?

Workshop places are allocated on a first come, first served basis. If a workshop is full then we'll add you to the waiting list and let you know if a place becomes available.

What if I book and then can't attend?

Please let the Graduate School Skills Development Team know as soon as possible, so we can offer the place to somebody else who needs it.

Whilst we appreciate that emergencies happen, in general failure to attend without notice after you've booked is not acceptable. Not only does every missed place cost the University money, it deprives another researcher who could have attended.

Persistent non-attenders will be reported to their Director of Studies and/or Faculty PGR Director, and there may also be a charge for non-attendance without notice. Please see our cancellation policy for further information.

At UWE Bristol and beyond – further resources to support your development as a researcher

UWE Bristol Graduate School
Dedicated support for all aspects of the postgraduate researcher journey from application to award.

UWE Bristol Wellbeing Services
Helping you to stay happy and healthy during your research degree.

UWE Bristol Library Services
Not just books – the UWE Bristol Library provides a wide range of study skills training including specialist subject advice.

UWE Bristol Global
Orientation and social events for international postgraduate researchers.

Equity
Events, networking and coaching for Black, Asian and Minority Ethnic (BAME) postgraduate researchers.

UWE Bristol Careers and Employability
Advice and resources to help you plan your next career steps.

DocSoc
Run by and for postgraduate researchers through the UWE Bristol Students' Union, providing social and development events.

Vitae
A national organisation championing research and researchers, to which UWE Bristol subscribes. Lots of useful information and resources, especially around personal development and career planning.

Concordat to Support the Career Development of Researchers
An agreement between funders and employers to improve employment conditions and career prospects for researchers in UK higher education.

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