



## NHS R&D North West Releasing Potential Programme

### Webinar Series: 'Being successful as an NHS based researcher'

Adopting a coaching approach this series of webinars is themed around, *Being successful as an NHS based researcher*. The programme is structured so that you can follow the 'series' or join calls on a one-off basis. The generic focus means they are of relevance to people at different stages of their research career.

Each webinar is one hour and you will be challenged to relate the theme to your personal situation and identify your next steps to move forward. A supporting worksheet will accompany the calls.

Webinars will be led by Dr Will Medd, an Associate of NHS R&D NW, has a PhD in Sociology and is a Certified Professional Co-Active coach who specialises in coaching for research.

Dates	Being a Researcher	Content
June 29 <sup>th</sup> 4-5pm	What to prioritise?	How do you keep hold of what's important when you are swamped by the possibilities, feeling overwhelmed by the challenges, unsure about the next step? This call invites you to step back and ask: what's important to me in my research and how do I bring that alive, each day?
July 13 <sup>th</sup> 4-5pm	What's possible?	Research is about the unknown and when dealing with unknown it's easy to lose track of what you're aiming for. This session will explore your goals – whether that's long term aspirations, or how to be realistic for the next month.
October 12 <sup>th</sup> 4-5pm	Keep up the energy	The excitement of 'being a researcher' can wear thin when the reality of the different, and sometimes mundane demands, hit. This session will explore what happens when you learn to draw more on your strengths and bring them to bear on the different challenges you face.
November 23 <sup>rd</sup> 4-5pm	Getting out of your own way	There are lots of things that get in the way of research without your own self-doubting and pressure raising voices. This session is an invitation to learn to spot the many guises of 'the Gremlin' or 'inner critic' and start to manage them in more helpful ways.
December 14 <sup>th</sup> 4-5pm	Celebrating the knock-backs	Knock-backs come in all shapes and forms in research and from different people. In this session we explore the ways to reframe and learn to celebrate those difficult situations.
January 11 <sup>th</sup> 4-5pm	As if you were confident	Confidence has nothing to do with how good you are at something. Confidence is an experience. In this call we explore how to conjure up your confidence and apply it when you need it to give your research a boost.
February 8 <sup>th</sup> 4-5pm	The art of procrastination	If you need to come to this call, most likely you'll find reasons not to come to this call! We'll be exploring just what is it that makes us do everything except the thing that matters to us, and identify strategies to get things done.
March 7 <sup>th</sup> 4-5pm	Getting unstuck	While research ought to be a creative space, the habits of evaluating and critique can often become a trap. This call is about untapping your creative potential in ways that will enable you open up different perspectives and be more creative in how you approach your research.

You do need to register for the sessions in advance of the date to enable you to log into the webinar. To register for a session please contact [leanne.gregory@researchnorthwest.nhs.uk](mailto:leanne.gregory@researchnorthwest.nhs.uk)

Further information on all of the above can be obtained from [Leanne.gregory@researchnorthwest.nhs.uk](mailto:Leanne.gregory@researchnorthwest.nhs.uk) and will also be available on the NHS R&D NW website (Releasing Potential Programme)