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**The Resilient Researcher**

**20 & 27 January 2023**

**Delivered by Dr Jen Allanson**

**Summary**

Researchers face unique challenges: from imposter syndrome, to failed lab experiments to isolation and maintaining a good balance in work and life. Resilience is key to managing the twists and turns of life as a researcher. We’ll explore strategies and approaches to overcome difficulties, maintain balance and keep motivated. Research pressures can be intense so we’ll help you to recognise your strengths and apply them so you can bounce back from setbacks and become more resilient in your career.

As part of the course we will acknowledge that these have been exceptional times and while some may find an opportunity for productivity others may struggle. This will provide a chance to look at tools and techniques for dealing with periods of uncertainty.  The aim is to equip researchers with a framework and tool kit for facing future challenges and obstacles with courage and confidence.

**Format:** 2 x 2 hour live online Zoom workshops. Interactive session, with group work and discussion, further resources and individual action planning.

**Group 1**

Zoom link to be sent directly to students

**Group 2**

Zoom link to be sent directly to students

Please contact EASTBIO [enquiries@eastscotbiodtp.ac.uk](mailto:enquiries@eastscotbiodtp.ac.uk) if you have any questions about this training.

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