

INDUCTION DAYS

Empowering Your PhD Journey

The induction day for new PhD researchers is designed to equip participants with essential tools for a successful PhD journey. Focusing on a mindful approach to research, the event will address key challenges such as stress management, creative problem-solving, and building confidence. Through targeted workshops, researchers will leave feeling more empowered and prepared to navigate the demands of their PhD program. Safeguarding guidelines will be shared for these sessions.

Example Schedule

Morning session (10am-12:30pm)

Stress Reduction Techniques in Research

- explores ways to build resilience and confidence around and within the research process
- strategies to deal with impostor syndrome how to apply mindfulness to reading papers, academic writing, time management and other research methods.
- emphasis on 1-1 engagement, with opportunities for group sharing.

Lunch (1.5 hours)

Afternoon session (2pm-4:30pm)

Creative Thinking in Research

- a fun and engaging session designed to build confidence in group engagement and in taking a creative approach to critical thinking and research.
- involves the application of research words to poetic language and experimenting with words and ideas.

