Early Career Researcher Program, October/November 2017

Public Health and Clinical Researchers

The October 2017 Early Career Researcher program aims to give Public Health and Clinical researchers support in career planning, networking and the development of research capacities. The program is for researchers who are 1 - 10 years postdoctoral. It consists of 5 half-day sessions and a subsequent 6 months structured mentoring program.

Session 1 - Career planning

**Presenter:** A/Prof Camille Raynes-Greenow  
**Duration:** 1.00 - 5.00pm  
**Date:** Tuesday 17 October 2017  
**Venue:** Edward Ford Building, Seminar Room 316 (Public Health) Camperdown Campus

Research careers may sometimes appear chaotic and out of our control, but there are strategies for maximising the chances of progressing and doing what researchers love. This module will review what is required by different career choices (eg. the demands of being a research team leader) and look in depth at the strategies that support those choices.

This session will:

- Provide an opportunity to think about future career directions, evaluate what is possible and to what level of involvement participants are willing to commit.
- Clarify how your achievements will be judged by grant reviewers, Appointment and Promotion Committees, peers, other scientists
- Review all aspects of “Track record” and identify areas that need developing.
- Explain how to begin formulating a research career plan.

Session 2 – Writing and communicating about your research in plain English

**Presenter:** Mark Ragg and Melissa Sweet  
**Duration:** 1.00 – 5.00pm  
**Date:** Tuesday 24 October 2017  
**Venue:** Bligh Building (Staff Development), Seminar Room 1, 90 Carillon Ave, Newtown
Many researchers find it difficult to describe their work clearly and succinctly. Fair enough - it's complex work. Yet it is vital to be able to do so. At some stage you will have to communicate with non-specialists about your work, either in writing or face-to-face. You may want to raise money for your research. You may want to write or talk to a charitable foundation, or to a promotions committee, or talk to members of a support group. Your employers might expect you to blog or tweet about your work, or engage with the community on Facebook. Or you may want to talk to the media to publicise your work.

By the end of the workshop we hope you will be able to:

- describe your work in plain English
- describe the reasons you are doing this research
- place this research in its social and scientific context
- understand the benefits of talking about your work to a wider audience
- understand how to talk about your work in a way that engages a wider audience
- understand how to engage with social media and mainstream media

You will be given an opportunity to write a draft biography for a website/publicity in your own time and receive feedback.

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**Session 3 - How to get your message across in grants**

**Presenter:** Lisa Curtis-Wendlandt  
**Duration:** 1.00 – 5.00pm  
**Date:** Tuesday 7 November 2017  
**Venue:** Edward Ford Building, Norman Gregg Lecture Theatre, Camperdown Campus

Nailing grants, papers, prizes and awards: Write yourself to success.

So you have a brilliant idea for your next research grant or award application, and you need everyone to “get” is value and significance? Then you must build the strongest possible connection between your text and its readers. In fact, persuasive packaging is far more influential in selling ideas than many admit. Your colleagues and assessors will not only judge your project by the quality of your ideas; they will be swayed by how you tell the story. Once you have settled on a (presumably brilliant) topic for your next submission, you will want state-of-the-art communication tools to make it simply irresistible!

This workshop is dedicated to the “how” of successful reader engagement, and translates interpersonal rapport-building techniques into the realm of competitive academic writing. A hands-on introduction to persuasive language use, it lets participants workshop a sample of their own work “live” and interactively.
Session 4 – Conflict to Win-Win: Assertiveness and success

Presenter: Christina Majoinen  
Duration: 1.00 – 5.00pm  
Date: Tuesday 14 Nov 2017  
Venue: Edward Ford Building, Seminar Room 316 (Public Health) Camperdown Campus

Many people we speak to – whether they are in junior or senior roles – confess that assertiveness is the single most important skill they wish they were better at. This is not surprising, because through lack of assertiveness people say “yes” when they want to say “no”, fail to resolve conflict sustainably, and are unsure how to negotiate mutual understanding. If that sounds like you, this workshop will show you how to back your own and others’ rights through clear, direct, and unambiguous communication. Neither aggressive nor evasive, assertiveness has at its heart the power to create win-win outcomes in any situation. Master the principles of assertiveness, and use your tools and techniques to transform relationships with with colleagues, supervisors, and peers. Imagine the positive impacts this will have on your work and career!

Session 5 – Time management and priorities

Presenter: Amanda Phillips  
Duration: 1.00 – 5.00pm  
Date: Tuesday 21 Nov 2017  
Venue: Edward Ford Building, Norman Gregg Lecture Theatre, Camperdown Campus

Being successful within the contemporary University and Institute research environment requires the ability to plan and juggle multiple people and projects (research and otherwise), and to really stay focused on priorities as demands change around you. This program will give you practical tools and strategies to support the multiple demands on your time.

- Introductions and Expectations
- Being an ECR in the University/Institute environment – what’s currently working and what’s changed?
- Time management truths – all about your habits and time wasters!
- Priority – knowing what is really important
- Prioritising your responses – what does it take to manage multiple demands?
- Your computer – and email
- The People Factor!
- Planning Tools – including considering work/life balance
- Action plan
- Review & Conclusion
Extension Session 5 – Introduction to Mentoring

**Presenter:** Prof Carol Armour  
**Duration:** 5.00 pm – 5.30pm  
**Date:** Tuesday 21 November 2017  
**Venue:** Edward Ford Building, Norman Gregg Lecture Theatre, Camperdown Campus

You will have been matched with an appropriate and personal Mentor for you. This short session highlights how to get the most out of the next 6 months with your senior Mentor and the do’s and don’ts of the relationship. It will enable you to get started on your mentoring arrangements before the presentation series has concluded.

You will be given a handbook - “A guide to effective mentoring relationships” - which will cover the topics of:

- What is mentoring?  
- The three stages of mentoring relationships  
- Making it work  
- Evaluating and concluding the mentoring relationship