

Strategies for busy researchers

A Vitae workshop for postgraduate researchers and research staff

8 December 2008, Bonhill House, London

*led by Hugh Kearns, from Flinders University, Adelaide, Australia,
co-author of the popular Vitae booklet 'The balanced researcher'*

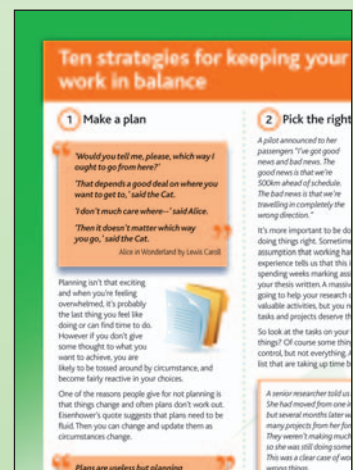
An interactive workshop designed to help you to be more effective in your time management and more aware of how you do your research

'Balancing your time' session will include:

- strategies for coping with email overload
- prioritising work
- dealing with distractions and interruptions
- how to say NO gracefully
- setting boundaries
- looking after oneself
- and many more...

'The seven secrets of highly successful researchers' session will look at the following key areas:

- working with your supervisor
- how you structure your research time
- your approach to your research
- dealing with writer's block or having difficulty writing
- getting the help you need when you are stuck
- juggling multiple commitments and not having enough time
- keeping on going when the going gets tough



There will also be plenty of opportunity to network with other researchers from around the country. Places are limited so book now!

For more information visit:

www.vitae.ac.uk/1151-13901/strategies-for-busy-researchers.html