Your Personal and Professional Development

Training and development opportunities for the postgraduate research community, 2019-20
Why it matters

How can you successfully complete your research degree, whilst making the most out of your experience at the University of Bristol? In an increasingly competitive environment, there is a growing demand on postgraduate researchers not just to be qualified experts in their subject area, but to carry skills, personal qualities and professional standards that allow them to adapt within a continually changing landscape.

The Personal and Professional Development (PPD) programme will help you gain new competences and experiences beyond your research, enabling you to succeed in your degree and prepare for your career beyond.

The University of Bristol PPD programme complements the wealth of specialist expertise and training provided by faculties, schools, and Doctoral Training Entities across the University, and is open to postgraduate researchers from all disciplines.

Personal development and wellbeing

Looking after yourself and managing your wellbeing is essential. The Personal and Professional Development programme has been designed to help you develop the personal qualities and skills necessary to be an effective researcher. There are workshops and resources within the programme to help you learn strategies to creatively manage challenges, to recover from setbacks, and to put in place positive practices.

About the Bristol Doctoral College

The Bristol Doctoral College is here to support the development of postgraduate researchers across all research degree programmes and enhance their experience with training, events and opportunities.
Tailored for you

Your personal and professional development is a continuous process. Wherever you are in your degree, there is an abundance of opportunities available to help you reach your personal and professional development goals.

The highlighted courses below give you a flavour of what is included in the 2019-20 programme. You can access the full range of seminars, workshops and online resources offered at bristol.ac.uk/bdc-pd

Maintaining momentum

Maintaining Momentum
Halfway through your doctoral research you may find your enthusiasm flagging. This workshop will help you identify strategies to overcome obstacles and take care of yourself.

Starting to Teach – Small Group Teaching / Lab Demonstrating
Prepare for your first steps into teaching to deliver engaging and informative sessions.

Qualitative Data Analysis/Quantitative Data Analysis
Comprehend common approaches to analysing qualitative or quantitative data.

Options with your PhD
Explore your career options beyond academia and discover how your transferable research skills could benefit your career.

Perfect Posters
Learn how to design effective conference posters and how to communicate your research visually.

Personal Impact and Confident Networking
Gain tools to help you communicate with others with skill and poise.

CREATE for PGRs enables PGRs with different teaching backgrounds and experience to engage with and gain recognition for their practice. Successful completion leads to the award of Associate Fellow AHE.

Getting going

Getting Started with your Doctoral Research
This workshop will help you answer questions like: What is a doctorate for? What does it look like? And what do I need to do to get started?

Productivity Ninja
Improve your productivity and self-care with ninja-style mindset, habits, tactics and tools.

Getting the Best out of your Supervision
Identify effective strategies to manage your relationship with your supervision team.

Information Security
Everyone in the University is responsible for safeguarding confidential information. This essential training module helps you identify levels of confidentiality, how to transport and share information, and what to do if there is a leak.

Project Management for Researchers: Planning your PhD
Explore project-planning tools and approaches that you will start to apply to help you to manage yourself, your research and your time effectively during your doctorate.

Introduction to Public Engagement with Research
What does public engagement entail and how can you disseminate your research to wider audiences by taking part?

Research, English and Academic Literacy (REAL 1–2)
Improve your academic writing with interactive workshops and 1–1 tutorials.

Seven Secrets of Highly Successful Researchers
Key habits that will help you overcome isolation, doubt and writer’s block, and finish on time – all whilst enjoying the process.
To the finish line and beyond

**Finishing your Doctoral Research and Forging Ahead**
This workshop will help you identify things to consider as you come to the end of your doctoral research.

**Transitioning into Work after your PhD**
This workshop will help you get your CV and applications ready and prepare for interviews, both within and beyond academia.

**Presenting with Confidence and Flair**
Learn how to manage your nerves, hold an audience’s attention, convey information and ideas clearly, and respond to questions with authority and composure.

**Thesis Mapping — Planning the Doctorate in its Entirety**
A structured approach to planning a thesis that helps you place your research into an appropriate document.

**Writers’ Retreat**
Discover the benefits of writing together with others in a supportive atmosphere.

**Thesis Boot Camp**
Intensive support to kick-start your writing and help maintain good writing habits.

**Staying Well During your Research Degree**
Doing a research degree can be an emotional roller coaster. This workshop draws on evidence-based strategies to help you manage challenges and setbacks.

**Support for doctoral researchers who teach**
Events and training to help you develop, connect and make the most of your time as a doctoral teacher.

**GW4**
All Bristol PGRs are also members of the GW4 Alliance of Bath, Bristol, Cardiff and Exeter Universities. You can benefit from this collaborative network through events, training and resources. gw4.ac.uk/doctoral-training/for-postgraduate-researchers

**LinkedIn Learning**
is a leading online learning platform that provides easy-to-follow video tutorials covering software, technology, creative skills and more, to support you in achieving your professional and personal goals. All research postgraduates can access LinkedIn Learning free of charge. linkedin.com/learning/

Make connections

Find out more about opportunities to connect with the wider postgraduate researcher community on the Bristol Doctoral College website. bristol.ac.uk/doctoral-college

Meet other PGRs from across the University at the **PGR Hub** (2nd floor, Senate House), a cross-disciplinary collaboration space dedicated to researcher development and wellbeing.

**The Bristol Doctoral College (BDC) Bulletin**
Keep up to date with events, trainings and opportunities across the University through our regular email newsletter. All PGRs are automatically subscribed.

**Research without Borders**
Bristol’s annual festival of postgraduate research showcases the pioneering work of our PGRs through public talks and an interactive exhibition of research.

The annual **Three Minute Thesis** competition challenges competitors to be clear, compelling and, above all, concise as they deliver a spoken presentation on their research topic in a mere 180 seconds.

**Summer School**
An immersive programme of interactive activities for PGRs – designed to enable participants to think about the wider application of their research and teaching skills.

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Additional support to help your development

**STaR: Take control of your development**
STaR is an online tool that helps you manage, track and communicate your progress as a PGR, from wherever you are. bristol.ac.uk/doctoral-college/star

**Vitae: The Researcher Development Organisation**
Vitae provides a range of resources, support and advice to help you become an effective researcher. As an organisational member of Vitae all Bristol PGRs automatically receive Vitae membership – just register with your UoB email address at: vitae.ac.uk/membership/register

Funding opportunities for PGR students

All Bristol PGRs are eligible to apply for funding to support PGR-led activities through the following schemes run by the BDC: The **PGR Development Fund** and the **PGR Community Fund**.

We also disseminate grants to support conference travel and industrial placement opportunities.

For information visit: bristol.ac.uk/pgr-funds
The Personal and Professional Development Programme is coordinated by the Bristol Doctoral College in partnership with:

- Academic Staff Development
- Advanced Computing Research Centre (ACRC)
- Careers Service
- Centre for English Language and Foundation Studies (CELFs)
- Digital Education Office
- IT Services
- Library Services
- Public Engagement
- Research Data Service
- Research and Enterprise Development
- School of Modern Languages
- Student Counselling Service
- Student Wellbeing Service

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Bristol Doctoral College
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