

# Want to assist your HDR's and ECR's build their psychological wellbeing and confidence in their career?

## Resilient Researcher Can Help.

### *Promoting psychological wellbeing and career confidence among emerging researchers*



Experienced psychologist and career development specialist, Dr Shari Walsh, is passionate about enabling postgraduate and early career researchers to develop skills to manage issues that can impact research progression including

- anxiety, stress and low mood
- communication and networking barriers
- procrastination and perfectionism
- concern regarding career opportunities.

## What is Resilient Researcher?

Resilient Researcher comprises a selection of workshops which can be run individually or combined into day programs in line with your institution's requirements. The workshops offer a practical framework for HDR's and ECR's to address the following key components integral to research success:

- positive psychological wellbeing
- effective communication skills
- career development strategies.

Utilising evidence based psychological principles and a participant-centred approach, the workshops are based on co-operative, experiential learning principles and include:

- explanation of theory and applications
- facilitated discussions
- fun, practical activities
- skills to build and maintain functioning throughout the research program and beyond.

Resilient Researcher workshops are specifically tailored to meet the needs of your research cohort and institution's requirements. Example workshops are overleaf and alternative workshops can be designed upon request.

Participant numbers are limited to 36 per workshop to maximise interaction and optimise learning outcomes.

## About Dr Shari Walsh

Founder and director of Growth Psychology, Dr Shari Walsh has worked extensively with HDR candidates, supervisors and early career researchers in universities and private practice for more than ten years. She is highly experienced in counselling and designing and facilitating interactive workshops and seminar presentations to assist clients to enhance their life and career.



For testimonials and more on Shari go to [au.linkedin.com/in/shariwalshpsychology](https://au.linkedin.com/in/shariwalshpsychology)

To find out more about Resilient Researcher or to discuss the needs of your HDR or ECR cohort –

Contact Shari for more information about these and other workshops and to discuss how Resilient Researcher can benefit your HDR and ECR cohort.



Growth Psychology

Helping you grow your health, your relationships, your career, your life

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# Resilient Researcher

## Example Workshops

### Psychological Health

#### GETTING STARTED ON THE RIGHT FOOT

##### Workshop Components

- Exploring expectations of research program
- Overcoming isolation and uncertainty during early months
- Finding appropriate information and support
- Gaining clarity regarding research process
- Goal setting and action planning

#### MAINTAINING THE BALANCE

##### Workshop Components

- Identifying work/life values and demands
- Juggling multiple roles and competing commitments
- Developing balance and boundaries
- Strategies promoting resilience and coping
- Looking after yourself – developing a self-care plan

#### THRIVE – DON'T JUST SURVIVE

##### Workshop Components

- Understanding processes of anxiety and stress
- Identifying triggers and adaptive responses
- Turning perfectionism into realism
- Preventing procrastination
- Strategies to maximise performance

### Career Development

#### CURRENT CAREER MANAGEMENT

##### Workshop components

- Identifying career development activities and opportunities throughout the degree
- Sourcing appropriate supports and information sources
- Skills auditing, recording evidence, planning for ongoing development
- Articulating skills and capabilities to employers

#### PLANNING FOR THE FUTURE

##### Workshop components

- Creative job search strategies
- Developing an awareness of 'the hidden job market' and how to access
- Understanding of how to write an effective resume and to respond to selection criteria
- Practicing interview skills and techniques

### Communication & Relationships

#### MANAGING RELATIONSHIPS

##### Workshop Components

- Factors underlying communication and relationships
- Identifying barriers to positive communication
- Practicing assertiveness and active listening skills
- Understanding conflict styles
- Strategies for fostering positive relationships

#### COMMUNICATING OUTWARDS

##### Workshop Components

- Presenting research at conferences and seminars
- Forming connections a.k.a. networking
- Managing anxiety relating to presenting and networking
- Key messaging and clear communication skills
- Identifying appropriate follow-up techniques

#### UNDERSTANDING MYSELF AND OTHERS

##### Workshop Components

- Completing Myers-Briggs Type Indicator inventory
- Understanding of personality, relationships and work performance
- Modifying behaviour to optimise functioning and interactions with others

### Completion

#### MANAGING THE GAP

##### Workshop components

- Psychological wellbeing and career development strategies for the time between thesis submission and final completion
- Managing anxiety regarding comments and result
- Reconnecting with life, people and self
- Using the time effectively for career development

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