Resilient Researcher – Early Career Workshop, Macquarie University

Date – April 11, 2016

Proposed Schedule.

9.00 – 9.30  Arrival, registration

9.30 – 10.00  Getting to know each other, ground rules, aims

10.00 – 11.00  **Getting started as an ECR**
   - similarities and differences to HDR experience
   - identifying skills and strategies previously utilised
   - developing a support network

11.00 – 11.15  Morning tea

11.15 – 12.45  **Maintaining the balance**
   - managing multiple roles e.g., ECR, lecturer, family duties
   - boundary setting strategies
   - adjusting to multiple demands e.g., perspective taking re priorities

12.45 – 1.30  Lunch

1.30 – 3.15  **Thrive, don’t just survive**
   - anxiety and stress management
     - awareness of pressures relating to being an ECR and triggers
     - skills and strategies
   - turning perfectionism into realism
   - self-care techniques e.g., transition strategies

3.15 – 3.30  Afternoon tea

3.30 – 3.45  **Where to from here?**
   - identifying support available at Macquarie University
   - building a support network
   - developing an action plan

4.15 – 4.30  Review and Close