

# Workshops to help your research career

These workshops draw on evidence-based strategies to help you stay well during your research career & help align your publication outputs with your resources and goals.

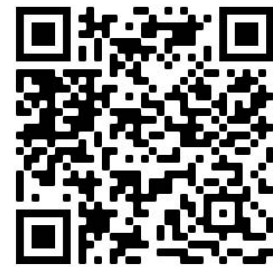
- Workshops developed and delivered by Hugh Kearns
- In person and online; registration required. In person spaces are very limited

## Staying Well in your Research Career

**12-2pm, 25th October**

To learn more & register, click [here](#)

- Managing the workload
- Dealing with setbacks
- Good habits



## The Strategic Researcher

**1-3pm, 10th November**

To learn more & register, click [here](#)

- Managing your time in a busy research environment
- Publishing strategically
- Increasing your publication productivity

