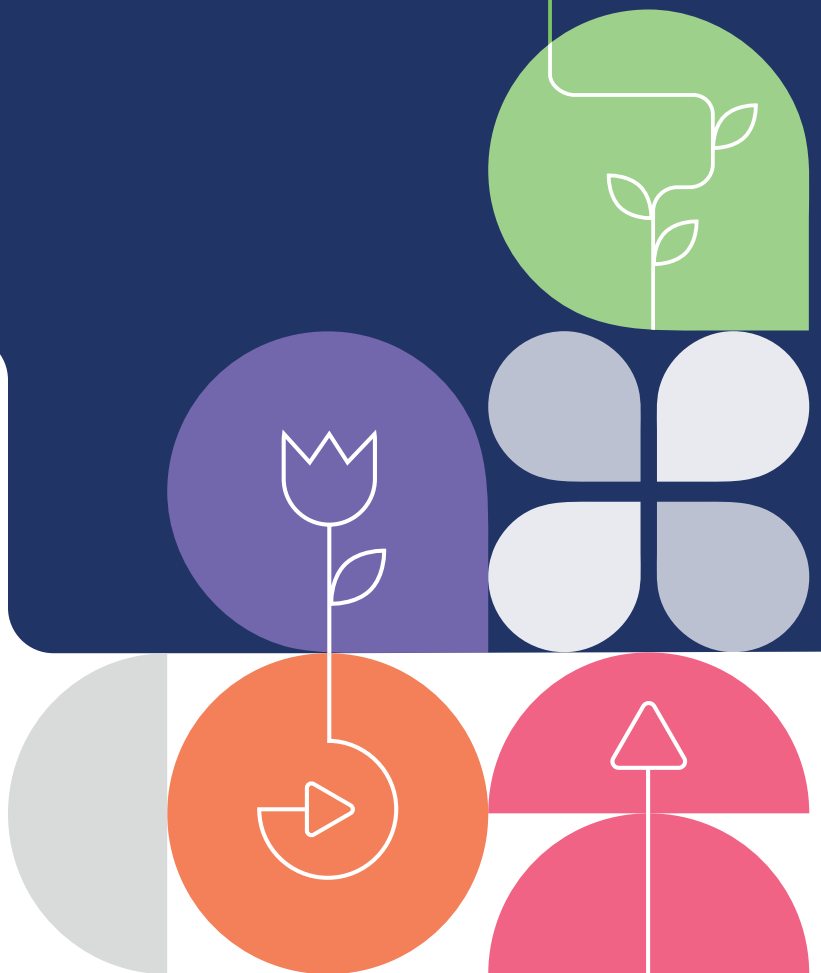


PGR DEVELOPMENT OPPORTUNITIES

2024–25



Contents

4	Welcome
5	Glossary
6	Supporting your Success
7	How to Approach your Development
7	What do we mean by development?
8	Designing your Development Plan
8	Five Simple Steps to Design your Development Plan
10	Researcher Development Roadmap
12	Vitae Researcher Development Framework
14	The Academy's PGR Development Offer 2024-2025
15	Development Pathways
16	Development Roadmap Themes
17	Progress: Essentials for PGRs
21	Reflect: Personal Effectiveness
24	Thrive: Career Confidence and Progression
26	Advance: Engagement and Influence
28	Three Minute Thesis (3MT®)
30	Grow: Research Impact
32	PGR Development Network (PGRDevNet)
33	PGR-Postdoc Buddy Scheme
34	Further Resources, Support and Services
35	Frequently Asked Questions (FAQs)
36	The Academy's researcher development mission and commitments
37	Contact Us
38	Appendix: PGR Development Opportunities Mapped to the RDF and RD Roadmap

PGR and Postdoctoral Researcher Testimonials

Louise Postema Early Stage PGR, Management School

Jemma Street Late Stage PGR, School of Architecture

Laurence McEvoy Late Stage PGR, Integrative Systems, Molecular and Integrative Biology

Sarah Ellis Mid Stage PGR, School of Histories, Languages and Cultures

Richard Berwick Mid Stage PGR, Faculty of Health and Life Sciences

Dr Rishav Agrawal Postdoctoral Research Associate, Department of Materials, Design and Manufacturing Engineering, and Co-Chair of the Research Staff Association



This symbol indicates **Top tips** to take ownership of your development. Look out for these throughout the brochure

Welcome

PGR Development Opportunities 2024–2025

As a postgraduate researcher at the University of Liverpool, you have access to an exciting portfolio of development opportunities, designed to support your ongoing success and help you realise your ambitions.

The development sessions, resources and guidance presented in the following pages have been tailored to meet the needs of postgraduates from across the disciplines, whether you are commencing your research or in the final stages of your research programme.

These opportunities draw on the knowledge and expertise of colleagues from across the University and beyond, building on the vibrant, supportive research culture of which postgraduates are such a key part.

You have already achieved so much. We trust that the opportunities presented in this year's PGR Development offer help you to achieve even more.

The PGR Development Team



Glossary

Canvas

The University's virtual learning environment which hosts the PGR Development space.

Development Needs Analysis (DNA)

This tool is completed annually by PGRs to review competences and abilities and in discussion with supervisors to create a development plan. Access this via the PGR Development Canvas space.

KnowHow

A free service for all University of Liverpool students. It offers a range of workshops, webinars and online tutorials to help improve your academic skills.

LEAP

A leadership development programme tailored to University of Liverpool PGRs.

LinkedIn Learning

An online learning platform offering a wide range of professional skills courses and tutorials.

Liverpool Life

The online portal that provides access to your University of Liverpool record including your contact details and registration status. The portal is also used to record your progress throughout your programme such as your supervisory meetings and development activities.

PGRs

Postgraduate researchers who are undertaking a qualification in the form of a research-based higher degree, such as a PhD.

PGR Portfolio of Activity

An online tool, found within the PGR Toolbox in Liverpool Life, that is used to record and monitor development activity.

PGR Toolbox

Accessed via Liverpool Life, this toolbox is used to record supervisory meetings and development activities.

PGRDevNet

The PGR Development Network is a community-owned and led initiative, supported by The Academy. It is a network for communication, collaboration and development for the PGR community.

Researcher Development Framework (RDF)

A national sector wide framework, often referred to as the RDF, developed by Vitae. Structured into four domains, it covers the knowledge, behaviours and attributes that make researchers successful at different stages in their career.

Researcher Development Roadmap (RD Roadmap)

A University of Liverpool-designed flexible tool that helps you navigate information and resources for your development.

Researcher Hub

The place for all researchers at the University of Liverpool to find out about the opportunities, activities, and communities they can access. It brings together information from a range of sources to help researchers in their role and career.

The Academy

The Leadership, Organisational, Professional & Academic Development (The Academy) is the department that supports the development of the University's people and coordinates the offer for PGRs.

Three Minute Thesis (3MT)

An internationally renowned competition which challenges PGRs to present their thesis topic in three minutes.

Viva

The Viva Voce (often referred to as the Viva) is the final oral examination of your thesis. This is normally conducted by a panel consisting of an internal and external examiner and a chairperson.

Vitae

An external organisation that supports the professional development of researchers. The University of Liverpool is a member of Vitae and PGRs can sign up with their Liverpool email to access Vitae's free information and advice to help you be a more effective researcher.

Wellbeing

When we refer to wellbeing, we are referring to your physical and mental wellbeing and your work-life balance. The University Wellbeing team are available to support all PGRs registered at the University of Liverpool.

Supporting your success

The Academy: Supporting postgraduate researchers

The Academy's goal is to provide high-quality, inclusive development opportunities for postgraduate researchers from all disciplines and all stages of the research journey. Working with colleagues from across the University and informed by feedback from the PGR community, we have designed a series of activities and resources that aim to enhance your skills and capabilities as researchers.

As home to one of the UK's leading researcher development units, we understand the demands and expectations that researchers face in a changing world and we are aware of the diversity of our research community here at Liverpool. As such, our flexible PGR Development Programme 2024-25 builds on the expertise of internal specialists and external consultants to present you with the insights and knowledge you need to realise your ambitions, through your research degree and beyond.

In addition to the core programme, we are pleased to support a range of opportunities for PGRs to interact, build relationships and network - with each other and with researchers from across our vibrant research culture. These events and networks are an invaluable source of learning and we look forward to meeting and working with you as the year progresses.

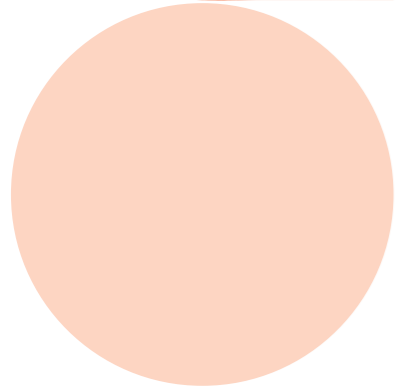
At the heart of The Academy's mission is a focus on enabling the success of everyone within our University community, through approaches that are as inclusive and sustainable as possible. To read more about our mission and approach, see page 36 of this brochure.

The following pages will offer guidance on how to structure your development to maximise the benefits to your practice as a researcher. You'll then be introduced to the postgraduate development programme and associated opportunities for academic year 2024-2025.

Explore, Engage, Develop: Quick links

The Academy's [Researcher Hub](#) brings together information and resources for the research and research-related community. The [PGR Development](#) section of the Researcher Hub aims to make it easier for you to find the information you need quickly. Before you explore the offer, we recommend you read the following sections of this brochure to effectively plan your development. When you are ready, the following quick links will help:

- Register for the Academy-led development sessions via the PGR Development Hub section on the Researcher Hub.
- Access online modules and curated resource via the [PGR Development](#) space on Canvas. You will need a University of Liverpool MWS account to enrol.
- Use [LinkedIn Learning](#) to access courses and videos which have already been mapped to the Researcher Development framework.
- Consider developing your teaching practice through the Academy's [Foundations in Learning and Teaching in Higher Education \(FLTHER\)](#) programme.



How to Approach your Development

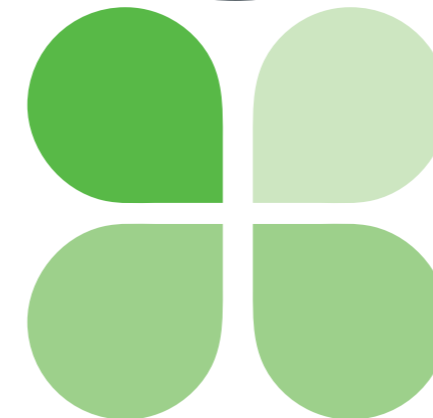
What do we mean by development?

Development is the process of engaging with learning opportunities that promote new experiences, skills and knowledge and support the continuous enhancement of your practice. At its most effective, development is self-directed and shaped by your reflections, needs and ambitions. It may be aligned to immediate outcomes, for instance within your research programme, or longer-term goals, such as your future career.

Whatever your motivation, it is important to take ownership of your ongoing development, seizing the opportunity to realise your personal and professional aspirations. We can do this by assuming a 'development mindset', that seeks to recognise the potential developmental benefits of the wide range of experiences open to researchers.

These include, but are not limited to:

- ✓ Reflecting on your practice and learning from your ongoing experience
- ✓ Working with new people and grappling with new ideas. Collaboration, challenge and creativity are invaluable tools as you develop as a researcher.
- ✓ Engaging with workshops, sessions and events to learn new skills, expand your knowledge and challenge your assumptions.
- ✓ Learning a new technique via direct experience, for example, by shadowing a colleague.
- ✓ Presenting and seeking feedback on your work from peers and colleagues at research seminars, network events and conferences.
- ✓ Self-directed reading and discussion with peers and colleagues.
- ✓ Completing online learning modules at your own pace.
- ✓ Taking part in a buddy or mentoring scheme.
- ✓ Gaining experience through teaching or demonstrating within your discipline area.
- ✓ Visits to other research centres, organisations or groups.
- ✓ Placements within industry or stakeholder organisations.
- ✓ Supporting outreach and widening participation activities
- ✓ Acting as a PGR representative within your department, faculty or on the PGR Development Network Leadership Group.



Designing your Development Plan

Researchers have a diverse range of backgrounds, experiences and competencies. Taking the time to reflect on your abilities and explore your personal, professional and career development needs is critical to effectively planning your future success. Creating a bespoke development plan that builds on your reflections and is refreshed regularly, is a key way of maintaining both your focus and the impact of the time you set aside for development.



Do set aside regular time and space in your schedule for personal and professional activities that enable you to make the most of your time with us.



It's never too early to start thinking about what you can do now to help achieve your longer-term career goals.



Think broadly about your development, all the experiences you have as a postgraduate researcher can provide valuable lessons to support ongoing progress.

Five Simple Steps to Design your Development Plan

Take the following steps to design a development plan that is unique to you.

1. At the start of your postgraduate research programme access and complete the Development Needs Analysis (DNA), which you will review each year. You can access this via the PGR Development space on Canvas and it will be sent to you by your Faculty.

2. Meet with your supervisor and discuss your development needs, thinking about both the requirements of your research programme and your professional and career aspirations.

3. Identify the development opportunities that are appropriate for you. You have access to the [PGR Development Programme](#) and the [PGR Development pages](#) and [Researcher Hub](#). These resources signpost you to opportunities and information from a wide range of sources. Your supervisor will advise on what is available within your School, Institute, Department or Faculty.

4. Record your development activities using the PGR Portfolio of Activity, which you can find in the PGR Toolbox in [Liverpool Life](#). This will form part of your annual progress report (APR).

5. Reflect on your progress and continue to discuss how you are applying your learning with your supervisor.

6. Identify the next steps for your development and refresh your development plan.

Really effective development is therefore a purposeful, structured and continuous process in which you:

1. Identifying your development needs.

2. Designing a bespoke development plan to meet your needs.

3. Engaging in development opportunities.

4. Reflecting on how you are applying your learning and identifying your next step.



Talking with your supervisor about development

Your supervisor is a key source of support and information and can help you to make the most of the development opportunities open to you. When speaking to your supervisor and building your development plan, think about:

- What are your strengths, what aspects of your work do you feel confident about?
- What areas do you want to improve? What new skills do you want to develop?
- Why do you want to improve in these areas, what is your goal?
- How do you like to learn?
- What, if anything, is holding you back?
- What do you need to do next?

This will help shape your conversation with your supervisor and support you to identify what development you need and when.



Access the Designing your Development online module via the [PGR Development Canvas space](#) for more advice on how to approach your professional and career development.



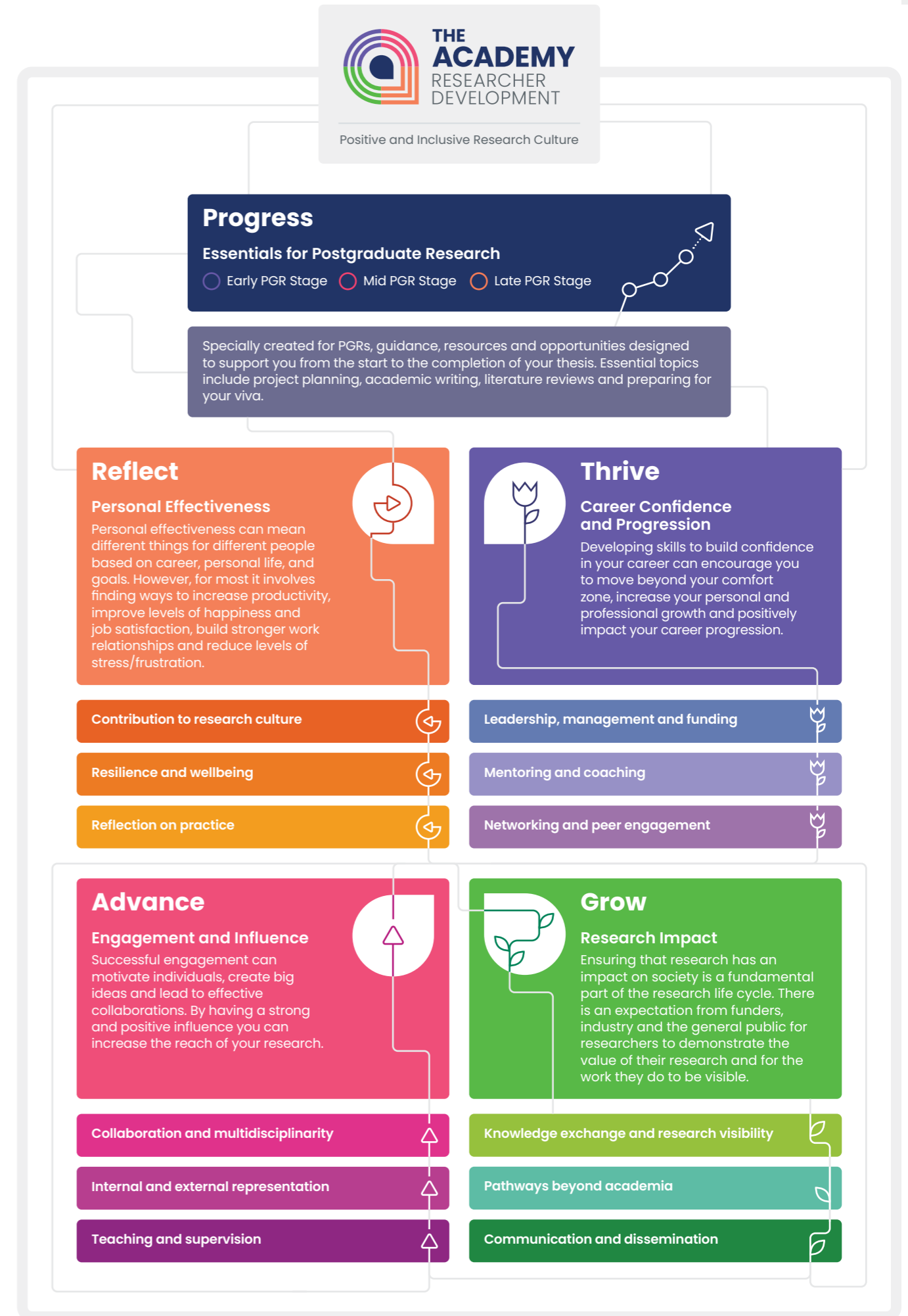
Use at least 10 days or 70 hours per year (pro rata) on activities that help you develop your skills ready for the next stage in your career.

The Researcher Development Roadmap

There are lots of resources available to support you as you identify, design and plan your development journey. The Academy have created the **Researcher Hub**, designed to provide access to the wide range of resources and opportunities we offer to help researchers thrive.

Within the Researcher Hub, you'll find the Researcher Development Roadmap, which will help you to navigate through the options available to you as you plan your development.

The Roadmap is intended to simplify access to topics, materials and resources linked to key development themes and available in a range of accessible formats. A detailed version of the Roadmap is presented on the next page, grouped around the following five themes:



Vitae Researcher Development Framework




Working in parallel with the Researcher Development Roadmap is the **Vitae Researcher Development Framework (RDF)** which is used across the sector and sets out the key personal and professional attributes required of effective researchers.

At the University of Liverpool, we map both the DNA, which you will complete at the start of your degree and review annually, and all our PGR development activities to the RDF.

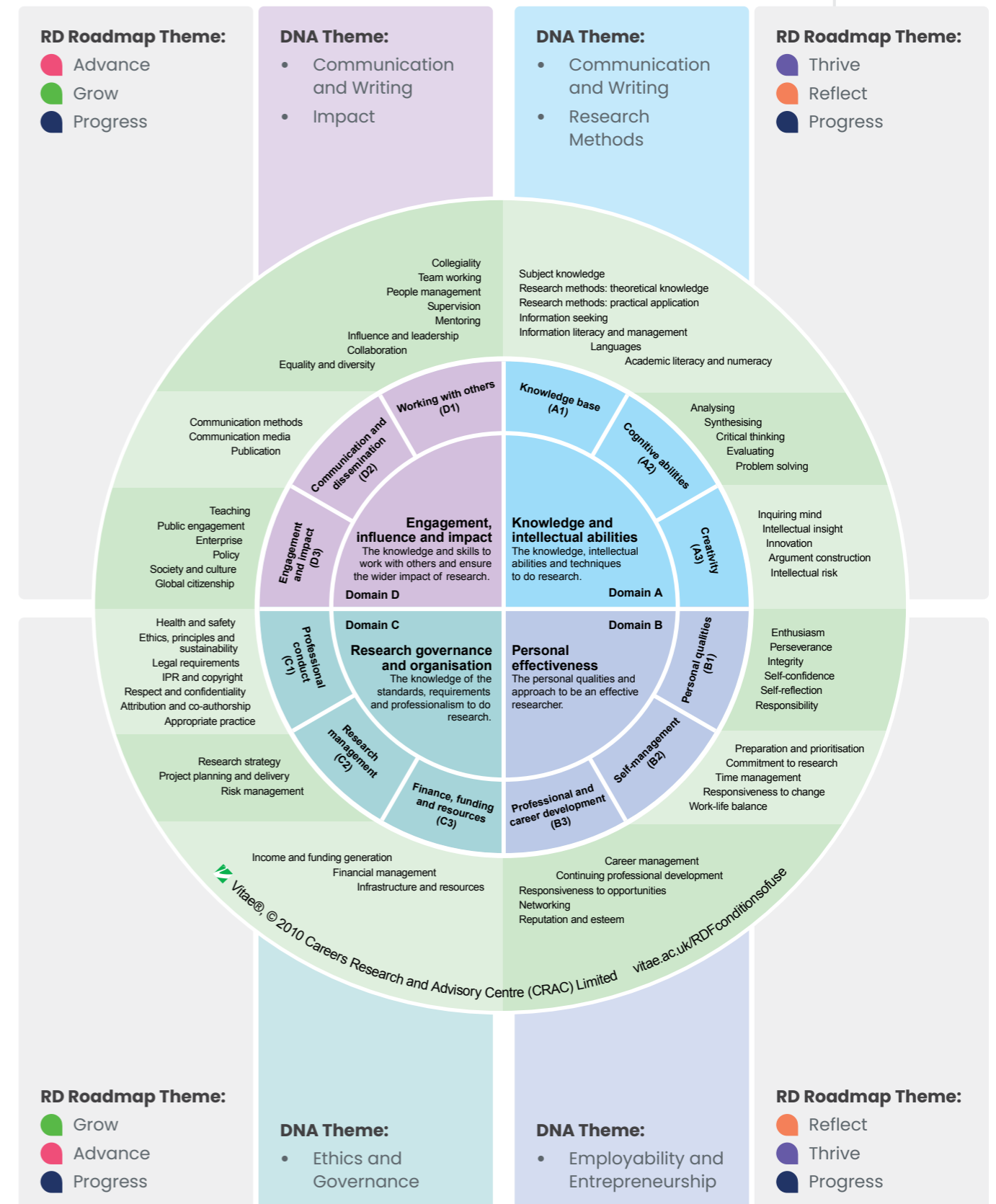
What is the RDF?

- ✓ The Vitae RDF is a nationally recognised framework designed to support professional and career development of researchers.
- ✓ The RDF was created around the characteristics of excellent researchers, identified from empirical data collected from interviewing researchers.
- ✓ The characteristics are expressed as descriptors which are then structured into four domains and 12 sub-domains.
- ✓ The four domains encompass the knowledge, abilities and techniques to do research to the highest standards, to work with others and ensure the wider impact of research and to professionally thrive.

 Access the online [LinkedIn Learning courses](#) which have been mapped to the RDF.

 The RDF domains and sub-domains are mapped to the 2024-2025 PGR Development Programme in the Appendix on page 38 of this brochure.

The image below highlights all elements of the RDF and indicated how the five themes of the DNA and the themes of the Researcher Development Roadmap are mapped on to the Framework.



The Academy's PGR Development Offer 2024–2025



Our PGR Development Offer for 2024–2025 has been designed with postgraduates at its heart, building on consultations and feedback with current PGRs, supervisors and colleagues from across the University and beyond.



Live, interactive workshops, masterclasses and events



Peer- and faculty-led networks and activities



On-demand resources



Practical application of skills

Central PGR Programme

Over 100 sessions delivered via online modules and resources, workshops, masterclasses, bootcamps, webinars, Faculty Forums, practical applications and many more.

Making an Impact

The Academy's award-winning annual programme that will boost your research impact and knowledge exchange potential.

Pop-up PGR Development Sessions

Responsive pop-up development activities run throughout the year.

PGRDevNet

Network for all PGRs that publishes regular e-bulletins, run events and activities, and provides a voice for PGRs within the research community.

PGR-Postdoc Buddy Scheme

Meet new colleagues, expand your networks and enrich your experience of the University's research culture in an informal setting.

LEAP: The PGR Leadership Programme

Develop the tools, ideas and practical strategies required to lead authentically with purpose.

Three Minute Thesis (3MT®)

Compete to represent the University at national level by creating a compelling spoken presentation of your research to a non-specialist audience in just three minutes.

Development Pathways

Below our three example development pathways that PGRs at different stages of their research may choose to engage with

Each example pathway begins with a core module, which we recommend you engage with, followed by sample development activities relevant to each stage of your postgraduate research programme.

Early Stage

For those in the initial stages of their research programme, the first 1-2 years for those on full-time programme and 1-3 years for those on part-time programmes.

Access the Core Module on Canvas

▶ [Starting Postgraduate Research](#)

You may also be interested in:

- ▶ [Project Planning](#)
- ▶ [Literature Searching](#)
- ▶ [Working Together: the PGR-Supervisor Relationship](#)
- ▶ [Networking](#)
- ▶ [Powerful Posters](#)

Mid Stage

For those in the middle stage of their research programme, years 2-3 for those on full-time programmes and years 3-4 for those on part-time programmes.

Access the Core Module on Canvas

▶ [Developing Effective Research Practices for Mid Stage PGRs](#)

You may also be interested in:

- ▶ [Effective Writing Practices](#)
- ▶ [Presenting](#)
- ▶ [Career Planning](#)
- ▶ [Balanced Boundaries](#)
- ▶ [Using Creativity](#)

Late Stage

For those who are entering the writing up stage of their research programme.

Access the Core Module on Canvas

▶ [Project Planning and Completion for Late Stage PGRs](#)

You may also be interested in:

- ▶ [Viva Preparation](#)
- ▶ [Developing a LinkedIn Profile](#)
- ▶ [Developing Research Collaborations](#)
- ▶ [Handling Rejection](#)



"I really appreciated the way the session was given and structured. It was a safe environment, and the presenter was very willing to be flexible and answer any questions. Also having another person from the law and social science department come in later was a nice addition."

Louise Postema

Attendee from Starting Postgraduate Research in Humanities & Social Sciences

Development Roadmap Themes

The following pages outline the 2024–2025 Development Programme, collated under the five themes of the Researcher Development Roadmap. To help you navigate the range of options available, we have indicated where sessions are of particular value to early, mid, or late stage PGRs. However, ultimately it is up to you to plan your development pathway and you should feel free to engage with any opportunities that best suit your personal goals, outcomes and interests.



“Congratulations on being part of the University of Liverpool where you will be at the forefront of an ambitious, collaborative, inclusive and innovative research community, focused on creating positive change that improves lives.

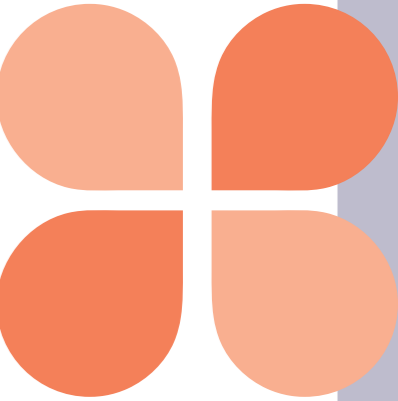
As an important and valued member of our research community, we are committed to providing a breadth of opportunities that equip you with the skills and capabilities to succeed as a researcher in a rapidly changing world. I encourage you to make the most of the full range of opportunities highlighted by this brochure, to connect with your peers and the wider research community across the University. In doing so, you will be building an invaluable support network that will help you to achieve your research and career goals.”

Professor Georgina Endfield

Professor of Environmental History and Associate Pro-Vice-Chancellor for the Research Environment and Postgraduate Research



Progress: Essentials for PGRs



A curated offer of development opportunities designed to support you through all stages of your research programme, from starting to completion.

Core Modules, Workshops and Forums

Starting Postgraduate Research

A strongly recommended online module for all first-year PGRs, accompanied by a live Faculty Forum. After completing this module and attending the Faculty Forum you will understand the key milestones to prepare for in your first year, consider different approaches to planning your research and time and be aware of the key people to connect with in your Faculty.



Developing Effective Research Practises for Mid Stage PGRs

A strongly recommended online module for those at the mid stage of their research programme, accompanied by a workshop. After completing the module and attending the workshop you will be able to identify strategies to increase your motivation and stay productive.



Project Planning and Completion for Late Stage PGRs

A strongly recommended online module for PGRs in their final year, accompanied by a workshop. After completing the module and attending the workshop you will be equipped with tools and techniques to plan and manage your project, time and self through to the completion of your thesis.



Recommended Workshops, Bootcamps, Retreats and Resources

An Introduction to Academic Writing

After these workshops, which are delivered by the English Language Centre, you will have developed your academic English language skills and built your understanding of and confidence with academic writing.



Academic Writing for PGRs Mid Stage

After this online bootcamp you will have deepened your understanding of academic writing, developed good writing practices and boosted your writing productivity.



Academic Writing for PGRs Late Stage

After this online bootcamp you will have explored the practicalities of thesis writing, including planning techniques and appropriate writing style, and you will be equipped to write to completion.



An Introduction to Project Planning

After this workshop, which is aimed at those who are at the early stage of their postgraduate research programme, you will be able to apply project planning techniques to your research programme. All PGRs can access curated resources on project planning via the PGR Development space on Canvas.



● Early-stage PGR
 ● Mid-stage PGR
 ● Late-stage PGR
 ● All stage PGRs

● Workshop
 ● Resources
 ● Webinar
 ● Faculty Forum
 ● Online Module
 ● Masterclass
 ● Bootcamp
 ● Practice

Developing Effective Writing Practices

After this workshop you will be equipped with tools and techniques which will boost your writing productivity.



Viva Preparation

After this Faculty Forum, which is aimed at those who are close to submitting their thesis, you will have developed an understanding of the viva process and how to prepare for it with confidence. All PGRs can access the curated resources on preparing for a viva via the PGR Development space on Canvas.



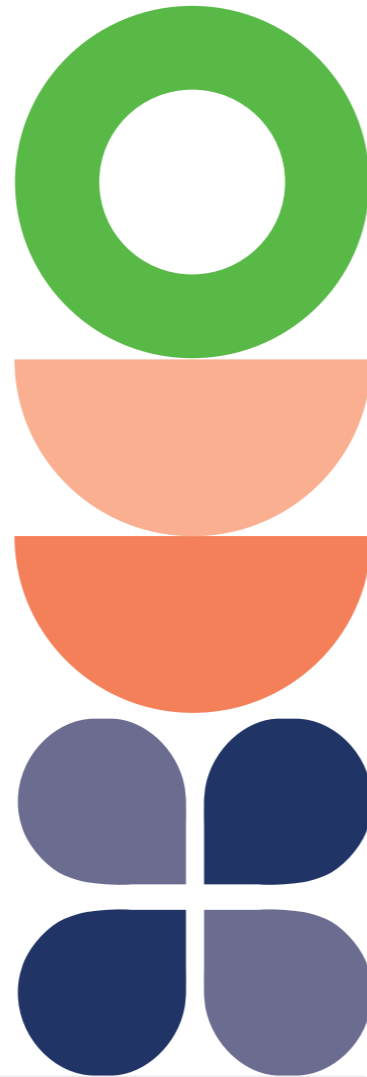
Working Together: the PGR-Supervisor Relationship

After this workshop, you will have developed an understanding of the roles and responsibilities of supervisors and PGRs and you will be introduced to strategies and techniques to develop an effective working relationship.



Writing Retreats and Shut Up and Write

Finding the time and space to devote to writing is essential for all PGRs. Block out and protect your time by joining the online weekly shut up and write (SUAW) sessions or one of our day long writing retreats. Access the SUAW group on Teams.



“As a mature student (and primary carer to my young daughter), carving out time to allow a sustained period of writing for my PhD thesis has been a real struggle over the past few years. I usually work from home, and my domestic environment is definitely not conducive to concentration! Attending the retreat on campus, working in a room dedicated to silent writing for a full day, enabled me to put everything else to one side, and focus on the job in hand. I achieved considerably more writing during the retreat than I have done in the past couple of weeks!”

Jemma Street
Writing Retreat Attendee

Early-stage PGR Mid-stage PGR Late-stage PGR All stage PGRs

Workshop Resources Webinar Faculty Forum Online Module Masterclass Bootcamp Practice

Online Resources and Webinars from the KnowHow Team

The KnowHow team in the University Library deliver sessions which are specially curated to support the academic development of PGRs. You can register for sessions at KnowHow for PGRs.

Copyright and your PhD

After this session you will have an increased understanding of what copyright issues should be taken into account before submitting your thesis.



Generative AI tools for Researchers

This session will allow you to explore some of the Generative Artificial Intelligence tools that could be useful for research purposes including creating emails, finding research on your topic and summarising papers.



Getting Started with Academic Publishing

This session will introduce the basics of academic publishing and provide you with the knowledge and confidence to choose the most appropriate outlet in which to publish your work. We will provide guidance on how to publish, including the publishing lifecycle, different routes to open access publishing and funding options for open access.



Ideas and Mind Mapping

After this session you will be able to use different approaches and technologies to organise and link your ideas throughout the planning and writing process for your research programme.



Research Data Management and your PhD

After this session you will know how to manage, store and share data, including how to deal with sensitive data and manage data security.



Literature Searching Tips & Tricks

After this session you will be able to plan an effective search and know how to capture early, seminal and new research in your field.



Research Data Management and Your PhD

This session will introduce you to Research Data Management (RDM) and how it can contribute to the success of your research project. The session will provide you with the knowledge to manage your research data effectively to ensure it is safeguarded and usable throughout your research project..



Speed Reading and Note Taking

After this session you will be able to use effective techniques to save time when reading articles, consider which resources to read in depth and make clear, concise and critical notes.



Statistics

KnowHow statistics sessions cover topics such as getting started with statistics, choosing statistical tests, ANOVAs, regressions and introduction to software such as SPSS. You can pick which sessions are most appropriate depending on your level of understanding



Systematic Review

After this series of sessions, you will understand how to develop your review question, how to plan and do a search and how to manage your results and report on your review.



Think, Check, Submit

This session will introduce the 'Think. Check. Submit.' set of resources and equip you with the knowledge and tools to recognise trusted journals and publishers for your research. The session will consider approaches to assessing predatory journals, peer review and citation and responsible metrics.



Using Advanced EndNote

After this session you will be equipped to use this essential referencing tool to organise your references and create references within your thesis.



Early-stage PGR Mid-stage PGR Late-stage PGR All stage PGRs

Workshop Resources Webinar Faculty Forum Online Module Masterclass Bootcamp Practice

Additional Sources of Support

Across the University you have access to a range of guidance, support, information and resources that supports all stages of your research programme.

Academic Writing

The English Language Centre provides a programme to support the development of academic writing. As well as attending the programme you can access one-to-one academic writing consultations. You can also access, via the KnowHow team, one to one appointment with tutors who can help with planning, structuring and critical writing.

Further information:

- English Language Centre: liverpool.ac.uk/english-language-centre/in-sessional-support
- Writing@Liverpool: libguides.liverpool.ac.uk/knowhow/writing

Research Ethics and Integrity

There is a wide range of support and guidance to ensure your research maintains the highest standards of rigour and integrity. All PGRs are required to complete the mandatory online course on ethics and integrity. If you are unsure whether your research project requires ethical approval, you can utilise the University's ethics approval decision tool. Applications for ethics approval are submitted via an online system. For guidance on navigating the online system, please refer to the system help guides. In addition, you can book a one-to-one ethics support session to chat through any queries you may have

Further Information:

- Online Course on Ethics and Integrity: liverpool.ac.uk/intranet/research-support-office/research-ethics/research-ethics-training
- Ethics Approval Decision Tool: liverpool.ac.uk/intranet/research-support-office/research-ethics/decision-tool
- Accessing the Research Ethics Online System: liverpool.ac.uk/intranet/research-support-office/research-ethics/online-system
- One to One Ethics Support Sessions: liverpool.ac.uk/intranet/research-support-office/research-ethics/support-sessions

Research Methods

Your supervisory team is your first point of contact for questions and support related to research methodologies. You can also check events and information on social research methods training and access help with questions about statistics.

Further Information:

- Engage@Liverpool: liverpool.ac.uk/engage
- North West Research Methods: nwssdtp.ac.uk/about/methods-north-west/methods-sessions
- Stats@Liverpool: libguides.liverpool.ac.uk/knowhow/stats

Open Research

Support and information which will guide you to understand how to incorporate open research principles into all stages of the research lifecycle.

Further Information: Open Research: liverpool.ac.uk/open-research

IT Training and Digital Skills

IT Services run webinars and workshops to support PGRs and staff with improving their IT skills. The range of workshops includes common applications, such as Microsoft Office.

Further Information: IT Training: liverpool.ac.uk/it/training

Data Protection and UK GDPR

Support and guidance is available to help you understand all aspects of research data management, including how to write a data management plan and keep abreast of related policy.

Further Information: GDPR: liverpool.ac.uk/research/research-environment/ethics/policies-and-guidance/research-data-management



Reflect: Personal Effectiveness



Reflect on and develop your personal effectiveness, support your ongoing success and further contribute to the research community.

Workshops and Masterclasses

Handling Rejection

After this masterclass you will be able to develop strategies to navigate setbacks, an inevitable part of academic life, and you will be able to move forward in a positive way.



Having Difficult Conversations

After this masterclass you will understand the key strategies and tools to help you plan for and manage the challenging conversations you might encounter as part of a research project or collaboration.



Imposter Feelings and Self Confidence

After this workshop you will be equipped with strategies to recognise, overcome and even embrace some of the thoughts which stop you from feeling confident.



Stopping Self Sabotage

After this workshop you will be equipped with practical ideas and strategies to overcome common self-sabotaging behaviours including perfectionism and procrastination.



Using Creativity in Problem Solving

After this workshop you will be able to explore and develop creative thinking techniques in the context of your research.



● Early-stage PGR
 ● Mid-stage PGR
 ● Late-stage PGR
 ● All stage PGRs

● Workshop
 ● Resources
 ● Webinar
 ● Faculty Forum
 ● Online Module
 ● Masterclass
 ● Bootcamp
 ● Practice

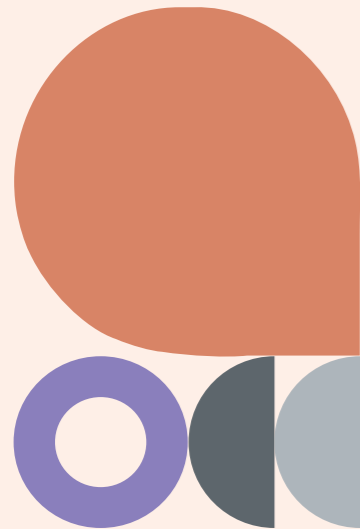
LEAP: The PGR Leadership Programme 2025

Led by a leadership coach and former academic researcher, the online PGR Leadership programme will enable you to understand what leadership is, explore how you can lead authentically and support you to get the best from the people around you.

The programme will provide you with tools, ideas and practical strategies to help you to lead authentically in each of three areas.

- ✓ Shaping the **PURPOSE** of your field and leading intellectual decisions.
- ✓ Directing **PROJECTS** that deliver impactful and meaningful results.
- ✓ Guiding and developing **PEOPLE** to reach their potential and achieve.

Places on LEAP are limited and applications will open in September 2024. Information on the application process will be available on the PGR Development area of the Researcher Hub.



“I feel that each session was very well structured. All of the material was both relevant and useful. I particularly found the reading list very helpful, along with the evaluations (of ourselves individually since the previous session, and after each breakout room). The facilitator’s insight and personal experience was also particularly useful.

The breakout rooms – giving us the opportunity to engage with each other and then offer feedback – added real value.”

L. McEvoy
LEAP Participant



We have made available ‘Non-attendance’ tickets for development sessions, for those who are unable to attend but would like to be sent post-session information and resources.

Additional Sources of Support

To develop your personal effectiveness and support your own wellbeing you can also access:

PGR Wellbeing Sessions

The Wellbeing team are delighted to offer the following sessions over the forthcoming academic year. Each session will run twice through the year, with dates to be announced nearer the time. Announcements will be sent out via the PGR Dev Net e-bulletin and Canvas.

Session 1 – Posture and stretching:

Join Sport Liverpool for Postural Awareness and Body Stretch Sessions. These sessions will focus on the Physical, Mental and Emotional Benefits of taking time out of your studies and stepping away from the desk to move the body and create space for the mind. We will cover all the physiological benefits of good posture & stretching the body, followed by a gentle physical session, in which you will learn lots of things you can add into your daily life.

Session 2 – Relaxation and body scanning:

Join the Wellbeing Team to learn more about the benefits of Relaxation and join in a Body-Scanning workshop. The Lunch and Learn set will focus on your wellbeing and help you develop knowledge and understanding to support your mind, body, and productivity. The team will deliver psychoeducational aspects about the benefits of relaxation and discuss the biological functional impact of relaxation has. The body-scanning workshop allows participants to develop new-tools to take away with them, which they can implement into their daily life.

Session 3 – Managing uncertainty:

We all know that PhDs can be stressful, but we recognise that much of the stress and worry people experience is due to the level of uncertainty experienced.

Whether that be what the data is going to show, changing circumstances at home or what life will be like post study, there are things you can do that help. The Wellbeing team present this Lunch and Learn set focused on psychoeducational aspects of managing uncertainty, CBT theoretical approaches as well as practical strategies and techniques you can take away with you.

PGR Wellbeing Ambassador Network

PGR Wellbeing Ambassador Network: PGR Wellbeing Ambassadors are located within the Faculty of Health and Life Sciences and the Faculty of Humanities and Social Science, and they are a friendly and approachable source of support. They host regular events such as weekly tea and coffee breaks, walks or other physical activities to get you out of the office, themed workshops and talks from both internal and external speakers usually discussing how to manage your PhD and life after your PhD is complete.

Further Information:

- Health and Life Sciences: liverpool.ac.uk/intranet/health-and-life-sciences/mental-health-wellbeing/pgrpeerwellbeingambassadorscheme
- Humanities and Social Sciences: liverpool.ac.uk/humanities-and-social-sciences/postgraduate-research/pgrwellbeing/pgrwellbeingambassadors

Mindset Self-Coaching

This digital platform enables you to access a wide range of modules covering wellbeing, people pleasing, mindfulness, perfectionism and imposter syndrome. This is a fantastic resource to support self-reflection and goal setting.

Further Information: Mindset: liverpool.ac.uk/intranet/the-academy/developing/online/mindset



“It was extremely useful, especially the practise-based element to the session led by Martina as opposed to just being told what to do, we got to try it for ourselves! I will definitely begin integrating the techniques practised, such as body scanning, into my everyday routine to work on my stress levels! “

Sarah Ellis
Lunch and Learn Session participant

Thrive: Career Confidence and Progression

Development opportunities to help build your confidence and support your career aspirations and next steps.

Workshops and Masterclasses

Articulating Research Skills

After this workshop you will be able to confidently identify the unique skills that you have built up during your research and will be able to articulate those skills during the job seeking process.



CV Masterclass

After this masterclass you will be able to develop your CV and evidence your knowledge, skills and experiences for roles in a range of sectors.



Developing an Effective LinkedIn Profile

After this masterclass, you will be able to set up a professional LinkedIn presence and maximise the tools available in your networking and job searching.



Help! They're asking for a Narrative CV

After this workshop, you will have a greater understanding of what a narrative CV is and be confident in developing your own.

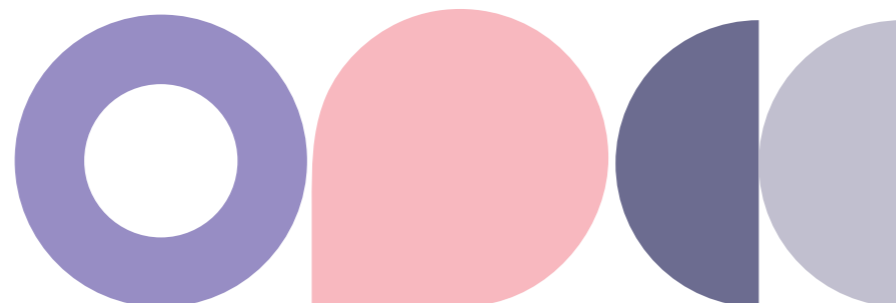


What next? Your next career steps

After this workshop, you will have developed the skills and tools to engage proactively with your own career development.



Keep an eye on our [Researcher Hub](#) pages for pop-up sessions designed to further support your career planning and success.



● Early-stage PGR
 ● Mid-stage PGR
 ● Late-stage PGR
 ● All stage PGRs

● Workshop
 ● Resources
 ● Webinar
 ● Faculty Forum
 ● Online Module
 ● Masterclass
 ● Bootcamp
 ● Practice

Additional Sources of Support

Don't Know Where to Start with Career Planning?

Check out the tools and resources available on the Prosper portal, in particular the career navigator, which you can use to figure out what your next step might be and set goals for your career development.

Further Information: Prosper Portal: prosper.liverpool.ac.uk

Need Advice on Job Applications?

Seek out advice on your CV, practise interviews and chat with careers coaches in the award-winning Careers and Employability team.

Further information: Career Studio: liverpool.ac.uk/careers/career-support

Interested in Building Entrepreneurial Skills?

The Enterprise Programmes can help you bring your ideas to life from learning how to start a business or pitch an idea.

Further information: Enterprise programmes: liverpool.ac.uk/careers/employability/enterprise

Want to know more about Research Funding and Fellowships?

The Research and Partnerships team works with the academic community, professional services departments, and external partners to increase the success of new research initiatives, partnerships and funding applications. The team develop resources and facilitate activities to support researchers to navigate the research funding landscape.

Further Information: Research Development Resources and Events: staff.liverpool.ac.uk/research/rpi

Interested in Developing Teaching Skills?

The Academic Development team supports you to develop your teaching skills and to gain recognition for any teaching you undertake.

Further Information: Developing Your Teaching: liverpool.ac.uk/eddev/teaching-qualifications



“At the University of Liverpool, one of our main strategic objectives is to support all those involved in research to flourish.

We understand that this means delivering sector-leading development opportunities for researchers at all career stages, including postgraduate researchers. As part of our commitment to Reimagining the Liverpool PhD, the opportunities presented throughout this brochure are intended to enhance the environment and experience for postgraduate researchers, enabling you to succeed with your doctoral research and preparing you for a variety of career options in the future.”

Professor Anthony Hollander
Pro-Vice-Chancellor for Research and Impact

Advance: Engagement and Influence



Develop your skills in networking, disseminating your research and building connections.

Workshops and Webinars

● An Introduction to Public Engagement

After this webinar you will have developed an awareness of the link between public engagement and your research and know how to get involved in public engagement activities.



● Developing Research Collaborations

After this workshop you will understand what makes collaborations successful and be equipped with the skills and techniques to build collaborations.



● Networking for Researchers

After this workshop exploring the benefit of networking you will feel confident to put networking techniques, tips and ideas into practice.



● Powerful Posters

After this workshop you will develop a good understanding of how to prepare an academic poster that creates maximum impact, sharing complex information concisely to your target audience.



● Presenting without Fear

After this workshop you will be able to use techniques to conquer your nerves, engage with your audience and build your confidence as a presenter.



● Presentation Practise

Attended the 'Presenting without Fear' workshop and now want to practise in a safe and friendly environment? You will be able to sign up for a presentation practise session with the PGR development team.



● Three Minute Thesis (3MT®): Short Talk, Lasting Impression

After this workshop you will have developed an understanding of how to turn your research into a compelling narrative, feel confident and comfortable when delivering your presentations and be able to prepare a high quality, engaging presentation for the 3MT® competition.



Book onto these sessions and find out more, including our pop-up sessions, by visiting the [PGR development page](#) on the Researcher hub.

● Early-stage PGR ● Mid-stage PGR ● Late-stage PGR ● All stage PGRs

● Workshop ● Resources ● Webinar ● Faculty Forum ● Online Module ● Masterclass ● Bootcamp ● Practice

Additional Sources of Support

Keen to disseminate your research to policymakers?

Contact colleagues at the Heseltine Institute to discuss contributing to their short, impact-focused policy briefing series.

Further Information: Contributing to policy briefings: liverpool.ac.uk/heseltine-institute/policybriefs

How does my research interact with policy?

Look out for the Policy Impact training programme from the Heseltine Institute of Public Policy, Practice and Place. The programme will consist of workshops, 'in conversation' sessions and networking, aiming to support the impact of research into policy and practice.

Further Information: Heseltine Institute for Public Policy, Practice and Place: liverpool.ac.uk/heseltine-institute

Get Started

Seek opportunities to present at research seminars and events within your School and Faculty. Speak to your Supervisor and keep an eye on email notifications to identify opportunities that might be right for you.

Developing Practice Podcast Series

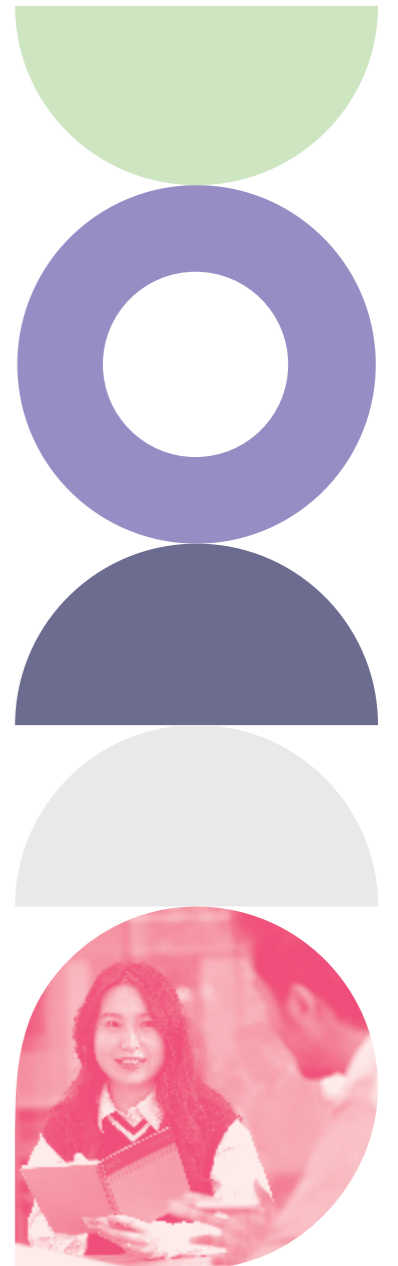
Listen to individuals share the stories of their development in The Academy's Developing Practice podcast series and gain an insight into their journey through the sharing of experiences, achievements and expertise.

Further Information: Developing Practice Podcast: liverpool.ac.uk/the-academy/podcast

Developing Academic Practice Journal

Take a look at The Academy's Developing Academic Practice Journal. The Journal aims to celebrate scholarship in all aspects of academic practice in Higher Education, whilst providing an open platform to disseminate open, creative and collaborative innovations in the support of learning and teaching, through publication.

Further Information: DAP Journal: liverpool.ac.uk/eddev/journal



Take part in the Three Minute Thesis Competition 2024

An 80,000 word PhD thesis would take nine hours to present. Your time limit ... three minutes.

The three-minute thesis competition (3MT®) is a prestigious international competition that challenges postgraduate researchers to give a compelling spoken presentation of their research to a non-specialist audience in just three minutes.

3MT® was developed by the University of Queensland to celebrate the exciting research conducted by doctoral research students. Since the inaugural event at the University of Queensland in 2008 the popularity of the competition has reached truly global heights, with 900 universities holding events across 85 countries.

Open to PGRs from any discipline, the University of Liverpool 3MT® competition is a fantastic opportunity to hone your public engagement skills and showcase your research. Shortlisted applications will receive 1-2-1 coaching and the winner will go on to represent Liverpool in the national 3MT® quarterfinals.

Meet the University of Liverpool's previous 3MT® finalists

Further information here:

liverpool.ac.uk/research/postgraduate-research/three-minute-thesis



Up for the challenge? Details of the 2025 University of Liverpool 3MT® competition and your chance to enter, win prizes and go through to the national finals are available here:

liverpool.ac.uk/research/postgraduate-research/three-minute-thesis



We'll help you to plan your development by releasing registrations for sessions at least six weeks before each activity wherever possible.



“Participating in the Three Minute Thesis (3MT®) competition has been an exciting and valuable challenge. Condensing years of research of my own, and others, into a concise, three-minute presentation seemed like an impossible task.

The exercise is, however, the cornerstone of public engagement and, of course, fundamental for attracting future funding. I decided, as a result, to give it a go. The 3MT® process allowed me to reflect on how to communicate complex scientific concepts in a clear, engaging manner, making my research accessible to a broader audience. Complex jargon that we take for granted is not easily unpicked – for this, you often need an outside perspective! I have seen the importance of storytelling in science. For me, starting with the personal narrative of Maria, a sufferer of fibromyalgia, gave my story a solid anchor point. Certainly, the 3MT® experience has developed my public speaking, teaching me to deliver my message with confidence and clarity.

Overall, the 3MT® has not only refined my communication skills but also deepened my appreciation for the impact of effective communication in science – and my respect for those that do it well!”

Richard Berwick
3MT® Finalist and People's Choice Award Winner

Grow: Research Impact



The Annual Making an Impact Series

Defining, enhancing and communicating the impact of your research has never been more important. Improving the visibility of your research, making professional connections and working with funders, industry and policy makers are key skills to develop as a postgraduate researcher. Indeed, embracing research impact and the possibilities it brings, can provide opportunities to inform and support your future career aspirations. The Academy's award-winning annual Making an Impact Series provides the research community at Liverpool a comprehensive, innovative programme of development that speaks to the key skills, knowledge and networks required to achieve research impact. Making an Impact live sessions and the associated huge library of resources from previous Series are available to PGRs at any stage of your research programme.

Further Information: Making an Impact:
liverpool.ac.uk/researcher/making-impact

Each year, the Making an Impact Series:

- ✓ Offers rich, high-quality development opportunities that address contemporary topics within the research and impact landscape.
- ✓ Is open to researchers at all career stages, from PGRs to Professors.
- ✓ Provides focused sessions designed to enhance your skills, knowledge and expertise as you embed impact into your research, from conception to completion and dissemination.
- ✓ Delivers sessions tailored towards PGRs, including career consultations and masterclasses in public engagement, engaging in policy, using social media in research and finding commercial sector partners.
- ✓ Includes personal effectiveness workshops devoted to establishing yourself as an innovative researcher and understanding research impact and integrity.
- ✓ Shares the experiences of University Alumni via panel discussions and case studies, showcasing career roles with real-world impact that are outside the traditional academic pathway.



Making an Impact 2025

Making an Impact 2025 will continue to build on the success of previous years with another exciting series of development opportunities for researchers at all career stages.

Engagement with Making an Impact will provide PGRs with an enhanced awareness of research impact and knowledge exchange and provide insight into working with employers, industry and funders. All Making an Impact activity will again be mapped to the Vitae Researcher Development Framework, discussed above on pages 12-13, helping you to design a tailored route through the programme that supports your personal development needs as you engage in-person, online or via self-directed learning.

Can't wait until 2025?

Access Making an Impact resources and materials at any time:

- ✓ **Discover** the visual summaries and resources from previous Making an Impact Series, which are curated by themes to help you develop skills in different impact-related areas.
- ✓ **Explore** the Pocket Book of Top Tips from the programme facilitators covering topics including collaboration, career development, public engagement and personal effectiveness.
- ✓ **Listen** to the Making an Impact Podcasts and **read** Blogs on communicating with industry, evidencing impactful research and the Vice-Chancellor's thoughts about strategy and development.
- ✓ **Watch** the recorded sessions on topics ranging from social media to entrepreneurship to elevator pitching.

Making an Impact: Themed Resources

As a further route to navigate the wealth of materials available, we have collated Making an Impact resources under key themes you may wish to explore;

- Boost your academic research impact and knowledgeexchange potential
- Capture and share information and evidence relatingto research impact
- Develop the reach of your research activity, interdisciplinaryexchange and collaboration
- Contribute to a positive and inclusive research culture

Additional Sources of Support

Interested in Publishing your Research?

You can access resources and webinars from the Researcher KnowHow team, including:

Choosing the Right Journal

Access the webinar which gives a brief overview of what you need to think about when choosing a journal to publish in, as well as the tools available to help find the right one for you.

Open Access Publishing in Five Easy Steps

Access the webinar which gives a brief introduction to scholarly publishing and how it is changing, the different open access publishing options available.

PGR Development Network (PGRDevNet)

The PGRDevNet is a PGR community-led initiative, supported by the Academy.

The Network provides a platform for communication, networking and professional development. Upon registration as a PGR at Liverpool you will automatically become a member of the network, providing access to a range of PGRDevNet activities throughout the year.

Members of the PGR Community will be contacted with further information as the PGRDevNet recommences activities for Academic year 2024-2025. Activities will include:

Buddy Scheme

Looking to connect with peers and expand your network outside of your research area? Look out for the opportunity to join the PGR-Postdoc Buddy Scheme.

Communications

Regular PGRDevNet e-bulletins, which highlight the exciting range of academic and social PGR-focused or PGR-inclusive events and initiatives.

Lunch and Learn

Opportunities for PGRs to come together to develop their skills and knowledge on a specific topic over a short lunchtime session.

Coffee and Connect

Regular drop-in sessions led by the PGRDevNet and The Academy for peers to meet informally and chat about everything and anything, from their research to what keeps them motivated.

Keep in Touch



Follow us on X @UoLPGRDevNet

Email: pgrdevnet@liverpool.ac.uk

Website: liverpool.ac.uk/researcher/pgrdevnet



PGR-Postdoc Buddy Scheme



Connecting PGRs and Postdoctoral Researchers at Liverpool

Launching for expressions of interest in September 2024, the PGR-Postdoc Buddy Scheme offers you the chance to meet new colleagues, expand your networks and feel part of the wider research community in an informal setting. Buddy groups will be joined by a postdoctoral researcher or early career research fellow, who can provide insights of working as a researcher at the University of Liverpool and how to make the most of your time here.

How does the Scheme work

- ✓ Successful applicants will be matched with three or four other PGRs and one postdoctoral researcher or early career research fellow.
- ✓ Meetings are organised by the buddy group and can take place in-person or online.
- ✓ Topics of conversation are set collaboratively by group members.



To take part you will need to complete a simple Expression of Interest form, outlining why you want to join. The call to join will be announced in September.

Further Information: Buddy Scheme via the Researcher Hub: liverpool.ac.uk/researcher/pgr-development



Your wellbeing is key. We have designed our activities to allow healthy breaks between and during longer sessions to help you take time and out and reset.



“The Buddy Scheme is a great opportunity to meet peers who are going through a similar process to you and to talk informally about your experiences.

Even if you're not from the same Faculty, you'll be surprised to find out just how much you share in common. For me, the most valuable part of the Buddy Scheme was meeting with colleagues from across the University (who I otherwise would not have met) in an informal setting. It was wonderful to have a break, have a chat, and to feel more connected to the wider University community.

Doing a PhD can be, at times, an isolating experience. This is especially true if you are new to Liverpool, or if you don't have many friends outside of the University who are also doing PhDs. The Buddy Scheme is a great opportunity to get you away from your desk for half an hour or so and to meet others who are at the same career stage. A good chat over a coffee can do wonders for improving your mood if you're feeling a bit stressed.

I would encourage PGRs to take advantage of the opportunities that are out there (like the Buddy Scheme!) and keep talking to others so that you can stay in the loop about what's happening. Also, enjoy it – this is the only time in your career that you can spend all of your time working on the thing that you love.”

Dr Rishav Agrawal

Postdoctoral Research Associate, Department of Materials, Design and Manufacturing Engineering, and Co-Chair of the Research Staff Association

Further Resources, Support and Services

You have access to a wide range of facilities and services in your Faculties and across the University, all of which aim to support you and enrich your studies.



Faculty Information

✓ You will be based in one of three Faculties and you can access information about key contacts, support and guidance, policies and processes in your Faculty. For contact details for Faculty teams, see the Research Degree Administration webpages: liverpool.ac.uk/humanities-and-social-sciences/postgraduate-research

✓ The PGR Handbook is also an excellent source of information: liverpool.ac.uk/student-administration/research-students/pgr-handbook

Need Advice

✓ For free, confidential advice on a range of issues including academic, housing and wellbeing you can contact the Guild of Students' Advice Service: liverpoolguild.org/advice

✓ For advice on visas and immigration, contact the International Advice and Guidance team: liverpool.ac.uk/student-support/visas-and-immigration

✓ Browse all of the Student Services that are available to you: liverpool.ac.uk/student-support

Supporting you Through Challenges

✓ If you need support and guidance on wellbeing and mental health issues you can access one to support, self-help and workshops from the Wellbeing Team and specialist support from the Counselling and Mental Health Advisory Service.

✓ The Disability Support Service provides advice and guidance on how to access disability-related support. liverpool.ac.uk/student-support/disabled-students

Take a Break

✓ Take a break and catch up with fellow postgrads via the Guild's Postgraduate Community.

✓ Meet your peers at a PGR DevNet Virtual Coffee and Connect session: liverpool.ac.uk/researcher/pgr-development-network

✓ Make use of the University's outstanding sports facilities: liverpool.ac.uk/sports



Frequently Asked Questions (FAQs)

If these FAQs do not answer your question, please email us at researcher@liverpool.ac.uk

How much time should I spend on training and development?

You are encouraged to undertake at least ten days per annum (pro rata) on training and development activity per year.

How do I access the online resources?

The most efficient way to access online resources is by visiting the PGR Development Hub. From the Hub you can access all the resources curated by the Academy.

What is Canvas and how do I access it?

Canvas is the University of Liverpool's online student learning platform. As a Postgraduate Researcher at the University of Liverpool you should be automatically registered for the Academy's Canvas course. The course hosts a variety of online development modules and other resources. You can find out more about it by visiting the PGR Development hub.

Do I need my supervisor's permission to engage in development?

You do not need your supervisor's permission to undertake development, but you should discuss your development with them as part of your Developmental Needs Analysis (DNA) discussions at the start of the academic year and in your regular catch-ups.

What do sessions cost?

All sessions delivered by the Academy, including the PGR Development Programme, are free.

How do I know what training and development I should access?

Use the Development Needs Analysis (DNA) tool to start a discussion with your supervisor. The tool is used to review your competences and abilities in different areas and helps you to create a development plan. You can access this via the PGR Development Canvas space.

How do I record my training and development activity?

Use the PGR Portfolio of Activity to record your activity, this will be then incorporated into your annual progress review and can also be used to develop your CV.

How do I book on to a live session?

The Academy's PGR Development Programme and all associated activities are bookable via the PGR Development Hub.

What happens if I can no longer attend a live session?

If you are no longer able to attend, please cancel via Eventbrite at least 48 hours before the session is due to take place so we can allocate your place to someone else. If you are sick on the day of the session, please let us know via researcher@liverpool.ac.uk

What happens if the session I want to book on is already full?

If the session is full, you will be automatically added to the waiting list and if a place becomes available you will be contacted automatically. If you are not allocated a place, you can also access many resources via the PGR Development pages.

How do I know what is available?

Information about the dates and times of sessions will be available via the PGR Development pages and look out for the regular email updates regarding new and upcoming sessions and activities.

Are the live sessions on campus?

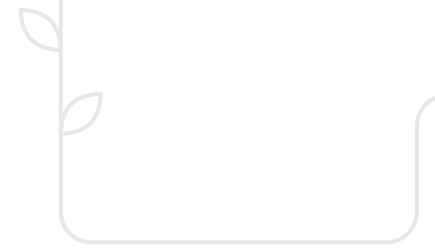
Live sessions are delivered either in-person, on the main Liverpool campus, or live online via Zoom or MS Teams. Some sessions may be delivered in a hybrid format, allowing in-person or online engagement. If this option is available, it will be clearly marked in session information.

Can I access recordings of live sessions?

Sessions that are recorded can be accessed via the Researcher Development Roadmap on the Researcher Hub.

Will there be more sessions added to the programme?

The PGR development programme will be updated as we listen to your feedback. New sessions will be announced on the PGR Development webpage and via email updates.



The Academy's Researcher Development Mission and Commitments

We are committed to providing an environment that recognises and values PGRs' differences, capitalises on the strengths that those differences bring to the institution and supports all PGRs in maximising their potential to succeed.

Researcher Development Commitment and Mission Statement:



We are committed to the continuous development of PGRs, research staff, and research-related staff at the University across all career stages. We enable innovative and impactful enhancement of practice through access to high quality and flexible development opportunities that foster excellence and maximise potential. We nurture a positive and inclusive research culture and environment where researchers take responsibility for the development of their personal and professional practice. We actively embed a concern for equality, diversity, inclusion and wellbeing across the development activities we lead. We celebrate and advocate for researchers' recognition and achievements, whilst empowering them to cultivate the broader capabilities, values, attributes and mindsets needed to Progress, Reflect, Thrive, Advance and Grow.

Researcher Development Inclusivity Statement:



The Academy is committed to providing an environment that recognises and values differences, both in individuals and groups, capitalises on the strengths that those differences bring to the institution and supports all research staff and PGRs in maximising their potential to succeed. In line with the Academy's firm commitment to equality, diversity and inclusion, we offer all PGRs, research staff, and research-related staff opportunities to develop and network irrespective of a researcher's gender, ethnicity, age, self-identification, disability, religious affiliation, or any other criteria used to separate and define. All events organised or facilitated by The Academy follow our [Code of Conduct](#).

Sustainability Statement:



We are committed to fostering a culture of sustainability and responsible environmental stewardship. We recognise that our Researcher Development and Culture activities play a significant role in shaping the future of research and innovation. As part of our dedication to sustainability, we endeavour to take proactive steps to minimise our environmental impact and promote sustainable practices across the communities that we work with.



If you require any accessibility adjustments or have any questions about any of the resources or live sessions, please contact the Academy's RD team researcher@liverpool.ac.uk at least 7 days before the session date so that your requirements can be referred to the facilitator(s) who will make every effort to address them where possible

Feedback and Evaluation

We will seek regular feedback across all aspects of our offer to continuously ensure that we are meeting the needs of our diverse PGR community. We remain committed to actively building an enabling culture, through partnership, collaboration and recognition of the diverse PGR experiences and expertise that make our institution so special. All of our activities provide participants with opportunities to feedback.

If you have any feedback about the content or format of the programme please let us know by emailing researcher@liverpool.ac.uk

Contact Us

We look forward to working with you throughout your postgraduate research programme.

If you have any feedback about the development programme or if you would like to talk about your development needs please contact a member of The Academy's PGR Development team.

If you would like a copy of this programme in an alternative format please email researcher@liverpool.ac.uk

The PGR Development Team
Researcher Development and Culture
The Academy

126 Mount Pleasant, Liverpool L69 3GR

Find us at **Building Number 114** on the [University map](#)

[@LivResearcher](#)

liverpool.ac.uk/researcher

researcher@liverpool.ac.uk



"As a postgraduate at the University of Liverpool, we aim to provide you with the highest level of support and encouragement to ensure you achieve personal, professional and academic success.

As a member of our thriving PGR community, you have access to a suite of stimulating development opportunities that combine the best of in-person and online learning methods, allowing you the flexibility to choose how you want to develop, at your own pace. I hope that this brochure inspires you to take control of your personal and professional development by building the knowledge, skills, capabilities and confidence that you need to succeed with your research programme and beyond."

Professor Gavin Brown
Pro-Vice-Chancellor for Education

Accessibility support

Find a link to the accessible version of this brochure on the [PGR Development Webpage](#).

Accessibility Adjustments and Alternative Format requests for sessions

If you require any accessibility adjustments or have any questions about any of the resources or live sessions, please contact the Academy's RD team researcher@liverpool.ac.uk at least 7 days before the session date so that your requirements can be referred to the facilitator(s) who will make every effort to address them where possible.

Development opportunities and events for all postgraduate researchers at the University of Liverpool

 @LivResearcher

 liverpool.ac.uk/researcher/pgr-development

 researcher@liverpool.ac.uk