



## The Resilient Researcher

### Connecting to the core of researcher life

- Reconnect with what resources your resilience and well-being
  - Explore what knocks you off balance and how to regain it
  - Learn to manage self-limiting beliefs and build confidence
  - Identify personal strategies to sustain everyday resilience
    - Learn from the collective wisdom of the group

The challenges of research life can make it hard to sustain a sense of personal resilience and well-being. Research life can be unpredictable, precarious and challenging. Research life can feel chaotic and throw up a whole barrage of challenges that can include feeling overwhelmed at the tasks in hand; insecurities about funding uncertainties; self-doubt in a world of knowledgeable experts; confusion about the best way forward; and the impossibilities of balancing research and the rest of life. The list could go on. It can be easy to lose yourself, your sense of direction and well-being. Indeed, it can be hard to sustain your personal resilience when you're feeling insecure about the next stage of your work and yet resilience can be key to maintaining your research effectiveness.

Unique to this workshop, you are not going to be told what resilience is, and what you SHOULD do to build it. Resilience comes in many shapes and forms, generally pointing to the ability to recover from setbacks, to adapt to changing circumstance and keep going in the face of adversity. However, the workshop is designed to build on your experience and the collective wisdom of the group, to develop an understanding of what resilience means for you and how you can develop strategies to nourish and sustain it in everyday life.

This one-day, experiential and interactive coaching-based workshop will create an opportunity to re-engage with your own sense of personal resilience and well-being, and be challenged with how to bring that into your everyday life.

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- 'Brilliant, Very valuable, Enjoyable.' (Lancaster, April 2013)
  - 'Really enjoyed Will's style and the fact that he's been in our shoes.' (Liverpool University, April 2014)
  - 'Really thought-provoking. Gave me better insight into myself and new ways of thinking to overcome actual/potential problems.' (University of Leeds, November 2018)

## Who is it for?

*Being resilient* is for academics and researchers at any stage of their career, who could benefit from exploring how to nourish their personal resilience: for example they may feel out of balance, overwhelmed and over-stressed, or lacking confidence in some way. The workshops have been attended by PhD students, researchers, lecturers and Professors, sometimes at the same time. They have been attended by people from all disciplines – from physicists to creative writers, sociologists to mathematicians, health researchers to economists.

## What's involved?

The day is designed to build on your experience, identify what resilience means for you and explore possible approaches you might use to nourish and build your resilience and well-being.

- Setting up: introducing a coaching approach and the relationship between performance, potential and interferences; sharing current experience of research and life; identifying what we want from the day and agreeing how we'll work together.
- Experiential exploration: exploring what it feels like when we are 'resilient' and when we don't feel 'resilient'; locating a sense of personal vision and values, how in balance they feel, and the implications for personal resilience; learning what knocks you off balance and how to come back to your centre; identifying personal strategies to sustain everyday resilience.
- Throughout the day we'll be moving between whole group exercises and discussion, small group exercises and personal reflection time (the balance will depend on the group and what we collectively agree). When appropriate, there will also be individual interventions from the coach.

## Beyond the day

Through their own reflection, participants will identify insights throughout the day that they will want to take forward into their work and the rest of life. Approximately 6 weeks after the workshop participants will be invited to attend a webinar to 'check in' on their progress since the workshop. The webinar will be held in a coaching format, working through themes that participants bring to the call. Participants who want to go further can sign up for 1-1 coaching or explore other options with Will to participate in group coaching sessions.

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- 'Absolutely fantastic, enjoyable, stimulating, refreshing and helpful.' (Lancaster University, July 2013)
- 'A great space to reflect and deal with the emotional work of being a researcher.' (Lancaster University, December 2018)
- 'Fantastic: from the start it felt open and allowed shared conversations that were applicable to me.' (University of Leeds, November 2018)

## About Will Medd

- highly qualified coaching skill set uniquely combined with an intimate understanding of academic life.
- A track-record demonstrating expertise in delivering coaching to an academic A audience, including specialist development of effective group coaching
- A collaborative approach to co-design which ensures learning from an integrated process of evaluation and review.

As professional certified coach, coach supervisor, and meditation trainer, and a former academic with an international research reputation, Will brings a highly qualified coaching skill set uniquely combined with an intimate understanding of the experience of academic life. Will is passionate about enabling people to be at their best while recognising the need to balance academic work with the rest of life.

### **Will's Coaching**

A Professional Certified Coach (PCC) with the International Coaching Federation (ICF) and Certified Coaching Supervisor (Coaching Supervision Academy):

- Private coaching practice – 1000+ hours logged having coached over 100 clients across the UK, Europe and North and South America, and from a range of professional backgrounds, including: lecturers, professors, PhD students, undergraduate students, teachers, neuroscientists, medical researchers, care-workers, counsellors, writers, consultants, youth workers.
- Group Coaching – has worked with over 50 groups, including undergraduates, PhD students, academics (at all stages of career) in University and NHS settings.
- Coaching programmes – designing and delivering commissioned programmes utilising coaching methodologies and training in coaching skills. Programmes include face-to-face workshops, on-line group coaching, writing workshops, on-line group coaching, peer2peer coaching, coach supervision, 1-1 coaching, 'train the trainer' and team coaching. Clients have included: the Universities of Lancaster, Liverpool, Edinburgh, Lincoln, Leeds, Manchester Metropolitan, Goldsmiths, Essex, Newcastle and Sheffield, Northern Advanced Research Training Initiative (NARTI), VITAE, ESRC North West Doctoral Training Centre, North West Enterprise School, Striding Out, Modernising Local Government, Unilever, North West NHS R&D.
- Publishing - coaching training material for VITAE (including report on coaching for research, report on coaching for leadership, two training manuals on peer2peer coaching, two coaching books (Your PhD Coach (2013) and Get Sorted! (2015) and resource FailuretoLearn ([www.failuretolearn.com](http://www.failuretolearn.com)))
- As a Professional Certified Coach he works within the code of professional ethics of the International Coaching Federation. He also has regular supervision.

### **Will's Academic Background**

As PhD Student (1995-2000), contract researcher (2000-2006) and Lecturer (2006-2013) Will was a REF active researcher, well versed in the challenges of interdisciplinary and cross-institutional research. As a social scientist often working in collaboration with scientists in the field of water management, Will had a reputation for developing high-impact research involving strong stakeholder involvement. As a Principal Investigator and Co-Investigator funding bodies included European Commission, National Research Councils (ESRC and EPSRC), UK Water Industry Research, Government Departments, Private Sector Companies, and Local Authorities. Two of his projects as Principal Investigator were evaluated as 'Outstanding' by the ESRC, one being awarded second place in the ESRC Celebrating Impact Awards (May 2013).

Will was also passionate about students learning and the student experience. As a Lecturer he engaged developing group and experiential learning where possible. As a coach he's continued to

work with undergraduates and post-graduates in workshop and group coaching formats. This included publishing two co-authored books two coaching books (*Your PhD Coach* (2013) and *Get Sorted!* (2015)), developed a series of videos to support student resilience (available on youtube) developing resources around fear of failure ([www.FailuretoLearn.com](http://www.FailuretoLearn.com)),

### ***Will's approach to workshops***

Will is deeply committed to ensuring all participants gain from the experience, offering an appropriate balance of professionalism, emotional sensitivity and humour to develop the right conditions of challenge and support conducive to participant engagement and learning. His sessions are regularly scored as 'excellent' by participants and comments have included: "respectful, sensitive to needs of the group", "Fantastic, created really safe atmosphere to expose the issues raised", "Excellent. Very patient when dealing with quite a few of us, kept us on track ", "Exceptional – humane, forgiving, thoughtful and able to bring out the best in a diverse group" and "Excellent, professional, honest and inspiring".

### ***Qualifications***

**IRest Meditation Teacher (Level 2) Teacher**, Integrative Restoration Institute, October 2018

**Diploma in Coaching Supervision**, Coaching Supervision Academy, November 2017

**Advanced Group and Team Coaching Practicum**, Potentials Realized, June 2016

**Professional Certified Coach (ICF PCC)**, International Coaching Federation, April 2016

**Mindfulness Teacher**, Teach Mindfulness, October 2014

**Accredited Certified Coach (ICF ACC)**, International Coaching Federation, February 2013

**Co-active Professional Certified Coach**, Coaches Training Institute, November 2012

**Organisation and Relationship Systems Coaching Fundamentals**, CRR Global, October 2011

**Post-Graduate Certificate of Achievement in Coaching and Mentoring**, Lancaster University, June 2009

**Post-Graduate Certificate in Academic Practice**, Lancaster University, June 2009

**Ph.D. in Sociology**, Lancaster University, 1995-1999. Awarded 21<sup>st</sup> March 2000.

**B.Sc. (Hons) 2.1, Sociology and Social Policy**, University of Southampton, 1992-1995