



PHD Resilience

Connecting to the core of the PhD experience

- Reconnect with what resources your resilience and well-being
- Be clear on your direction, know how to prioritise, and set meaningful goals
 - Explore what knocks you off balance and how to regain it
 - Learn to manage self-limiting beliefs and build confidence
- Balance the PhD with the rest of life and sustain your resilience
 - Learn from the collective wisdom of the group

How to manage your PhD in a way that brings out the best in you while sustaining your personal resilience and well-being? The PhD experience can pull you in all sorts of directions as you learn more about your field, navigate the desires of your supervisors, grapple with the challenges of fieldwork or struggle with your writing. And there is balancing all that with the rest of life. The PhD experience is varied, with PhD researchers sometimes finding they are overwhelmed, feel a lack of direction, struggle to sustain motivation, lose confidence and don't always know the best way to find support.

Recognising the challenges of PhD life are varied, this one-day workshop creates an opportunity to step back and take charge of your agenda. Through the workshop you'll learn self-coaching skills that rekindle the connection between your PhD vision and everyday practices, in ways that enhance your personal resilience and sustain personal well-being.

This one-day, experiential workshop and interactive coaching-based workshop will create an opportunity to step back and align your PhD to what really matters to you and find the confidence to make it work for you.

"A lively, interactive, challenging and fun event it was much appreciated" (Lancaster University, April 2013)

"Really thought-provoking. Gave me better insight into myself and new ways of thinking to overcome actual/potential problems" (University of Leeds, Business School, November 2018)

'Very enlightening and surprising' (Faculty of Science and Technology, Lancaster, July 2013)

Who is it for?

PhD resilience is for PhD researchers at any stage of the process, whether starting out or in the final throws of completing. The workshop is adaptive to the agenda participants bring, for example if they are struggling with confidence, procrastination, motivation, supervisors, resilience, balance. The workshop has been attended by PhD students from the full range of disciplines and all stages of the PhD.

What's involved?

The day is designed to build on your experience, identify what your priorities are, and explore possible approaches you might use to take charge of your PhD while building your resilience and sustaining well-being.

- Setting up: introducing a coaching approach and the relationship between performance, potential and interferences; sharing current experience of PhD and life; identifying what we want from the day and agreeing how we'll work together.
- Experiential exploration: looking at the current balance of your PhD and where your attention is; exploring what is important to you in the PhD and identify a sense of personal vision for the PhD and the rest of life; learning how to identify and manage self-limiting beliefs; exploring the power of perspective and what it means to step into a confident place; identifying goals that are meaningful and motivate; design strategies that link your aspirations to everyday practice in ways that nourish your resilience and well-being.
- 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

'Interesting, thought provoking and innovative' (Faculty of Arts and Social Science, Lancaster, April 2013)

'I came out of the workshop feeling much more positive, less overwhelmed'

'a lifeline at a time when I was really struggling, 'overall it was a brilliant day' (NW DTC Event, Manchester March 2013)

'Very enlightening and surprising' (Faculty of Science and Technology, Lancaster, July 2013)

'Fantastic: from the start it felt open and allowed engaging conversations that were applicable to me' (University of Leeds, Business School, November 2011)

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))
- 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),

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 21st March 2000.

B.Sc. (Hons) 2.1