

Fast Track Impact

Get more impact | Get your time back | Get inspired



The Productive Researcher

Joining Link:

Start: 09:30

Course preparation:

Prior to the course please read as much as you have time of Chapters 5-7 of Prof Reed's *Impact Culture* book (approximately 11,000 words) [here](#)

Session 1: Work less to achieve more

- Introduction: What I learned from the world's most productive researchers
- Exercise 1: identity and values pie chart (followed by plenary discussion)
- Exercise 2: time pie chart
- Break out room discussions

Break 30 mins

Session 2: Taking achievable action

- Overcoming barriers: People-pleasing, perfectionism and imposter syndrome (presentation and discussion based on pre-workshop reading task)
- Exercise 4: Building on the things you identified to align the time you spend with your identity and values in Exercise 2, come up with more actions, including things you want to spend **doing and being**, in the **short and longer term**
- Exercise 5: design an experiment/activity to do in the next 1 months
- Write in the chat (provide your email address to receive a reminder and help 1 month from now): Where do you want to be 1 month from now?
- Conclusion

Close: 12:30

About this training

The course is based on Prof Reed's book, *The Productive Researcher*, in which he draws on interviews with some of the world's highest performing researchers, the literature and his own experience to identify a small number of important insights that can transform how researchers work. The course is based on an unparalleled breadth of interdisciplinary evidence that speaks directly to researchers of all disciplines and career stages. This course will make you more productive, more satisfied with what you produce, and enable you to be happy working less, and being more.

Find out more: www.fasttrackimpact.com/the-productive-researcher

Trainer

Mark Reed is Professor of Rural Entrepreneurship and Director of the Thriving Natural Capital Challenge Centre at Scotland's Rural College (SRUC), and a Visiting Professor at Newcastle University, Birmingham City University and the University of Leeds. He has over 200 publications that have been cited more than 20,000 times and has won awards for the non-academic impact of his research. He is author of *The Research Impact Handbook*, *The Productive Researcher* and *Impact Culture* and CEO of Fast Track Impact. He provides training and advice to Universities, research funders, NGOs and policy-makers internationally.

