



## The Health Resilient Researcher

Joining Link:

Start: 09:30

Break:

Course preparation

Read through The Resilient Researcher handbook

### Session 1: Reframing Health – Discussing our views of health and the medical model

- Introductions and icebreaker
- What is health?
- Rethinking the “medical model”: can lifestyle be medicine?
- Bechamp vs Pasteur
- The silent epidemics
- Can we create personal health improvement with wider impacts?
- Task: Understanding your why and where to start making health changes

Break 30 mins

### Session 2: Tools and life hacks

- Change happens one small step at a time – how can we change to a health-giving lifestyle amidst our busy lives
  - What going “whole” might look like for you – we are not all the same
  - Micro habits and natural experiments - make it fun and accountable
  - The 4 cornerstones of foundational health

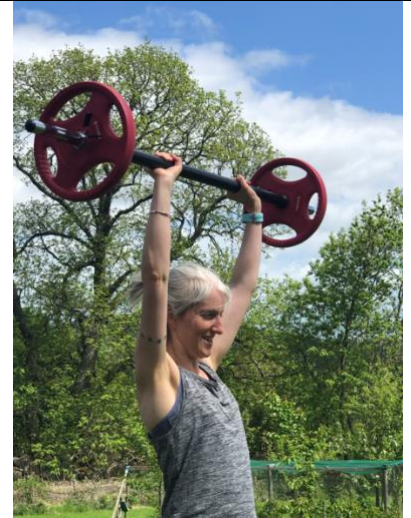
### Break-out rooms

- Nutrition – what is a healthy diet? Eat a rainbow and the blue zones: let’s talk about food fads
- Sleep – our utterly under-valued superpower
- Exercise – are you intimidated by this word? Let’s talk about movement
- Rest and restore – how our parasympathetic state is being neglected

Close: 12:30

## Trainer

Dr Joyce Reed BSc Hons MBChB has been Managing Director of Fast Track Impact for 4 years working alongside her husband Prof Mark Reed and the Fast Track team to reach researchers across the globe with evidence based bespoke training. Previously she had a successful career as a Paediatrician working in various teaching Hospitals across the UK. Now she focuses on empowering people to find whole health, rather than managing disease via the emerging field of Health Coaching. After truly embracing the notion of “physician heal thy self” to heal from physical and mental burn-out, she combines evidence from biomedical literature with her own clinical and personal experience to transform how people view their health. Her training introduces fully intergratable life hacks and tools to combat stress, work-life balance so that your research can be better than ever.



## Fast Track Impact

Fast Track Impact is an international training company working in the Higher Education and research and innovation sectors. Our mission is to change the way busy researchers generate and share knowledge, so that their ideas can change the world, and they can get their thinking time back.

We run training for researchers from every discipline, from PhD students to Professors, from departmental away days to cross-institution training days. We have trained >8000 researchers from >200 institutions in 55 countries and offer face-to-face trainings across the world from the UK to Australia.

Fast Track Impact was co-founded by Prof Mark Reed (Newcastle University) and Dr Ana Attlee (Project Maya Community Interest Company) in 2013, funded by the UK Government's Research Councils, and launched as an independent spin-out company in 2015, led by Prof Reed.

[www.fasttrackimpact.com](http://www.fasttrackimpact.com)