

Swansea University, 5th June 2018

Tea/coffee: 09.30, 11.15 and 15.00

Start: 10.00

Session 1: Work less to achieve more

- Introduction
- Exercise 1 (group): ways of knowing
- Presentation: What I learned from the world's most productive researchers
- Exercise 2 (paired): identity and values pie chart
- Exercise 3 (paired): time pie chart
- Exercise 4 (group): individual analysis and group discussion
- Exercise 5 (paired): accessing empowering stories under pressure

Lunch: 12.30

Session 2: Taking achievable action towards SMART goals

- Exercise 6 (new pair): goals to enable you to spend more time being in the parts of yourself that are most important to you and that enact your values
- Presentation: Four steps to take achievable action towards SMART goals
- Exercise 7 (paired): make your goals SMART
- Exercise 8 (paired): make both doing and being goals and create a theory of change with internal and external actions/changes to reach your goals

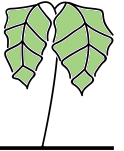
Session 3: Time savers

- How to write a highly cited paper in limited time
- How to spend less time online

Session 4: Next steps

- Exercise: where do you want to be 1 and 3 months from now?
- Support:
 - Can I follow-up to see where you are 1 and 3 months from now? Or,
 - Who else could you share your goals with?

Close: 16.30



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 Socio-Technical Innovation at Newcastle University and Visiting Professor at Birmingham City University and the University of Leeds. He has over 150 publications that have been cited more than 10,000 times, and has won awards for the non-academic impact of his research. He is author of *The Research Impact Handbook*, which he has used to train over 4000 researchers from more than 200 institutions in 55 countries. He provides training and advice to Universities, research funders, NGOs and policy-makers internationally.

