



The Health Resilient Researcher

Joining Link:

Start: 11:00

- Introductions and icebreaker

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

- What is health?
- Rethinking the “medical model”: can lifestyle be medicine?
- The silent epidemics
- The hidden epidemics
- Can we create personal health improvement with wider impacts?

Active Break: 12:00 for 10 mins

- Task: Reframing Personal Health

Lunch 12:30 for 30 mins

Session 2: Tools and life hacks

- What going “whole” might look like for you – we are not all the same
- The four cornerstones of foundational health
- Change happens one small step at a time
- Habit formation that works

Active Break: 13:30 for 10 mins

Break-out rooms

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

Final questions, follow-up, and feedback

Close: 15:00

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, and achieve better 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 >10,000 researchers from >200 institutions in 55 countries.

Fast Track Impact was co-founded by Prof Mark Reed (SRUC) 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 (CEO) and Dr Joyce Reed (Managing Director).

www.fasttrackimpact.com