



# Journeying well through academia: a personal perspective

Katrina Turner

# Presentation

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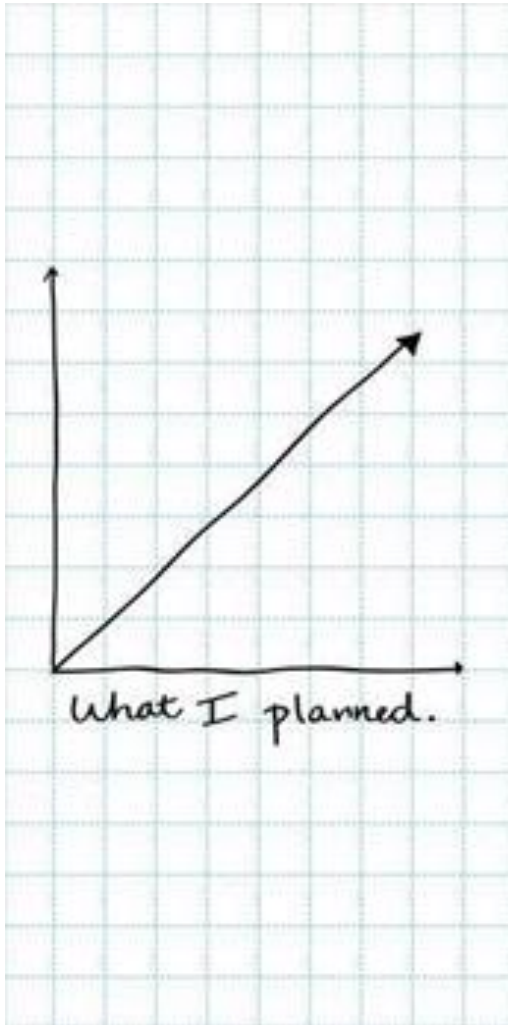
- Academic journey
- The challenges
- What helped
- Questions and discussion

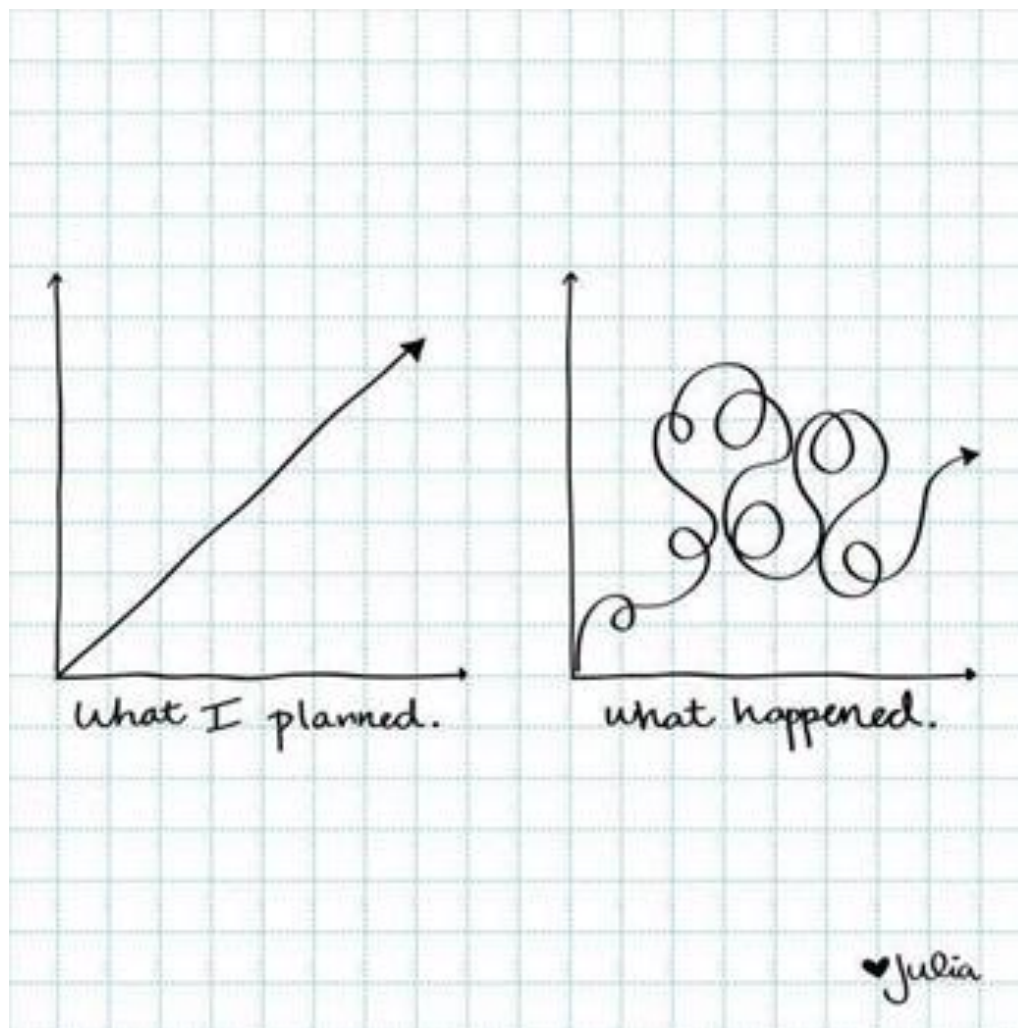


# Academic journey

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- Research Associate, Heriot Watt University
- Research Associate, MRC
- Research Fellow, University of Glasgow
- Research Fellow, University of Bristol
- Lecturer, University of Bristol
- Senior Lecturer, University of Bristol
- Reader, University of Bristol
- Professor, University of Bristol





# The Challenges

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- No sense of where I was going
- Methodologist working across studies
- Too many tasks and too many projects
- Lacked motivation, energy and confidence



# Write a strap line

*I am a qualitative researcher  
who...*

The screenshot shows the website for the Oxford International Primary Care Research Leadership Programme. The header includes the University of Oxford logo and the programme name. A navigation menu lists: HOME, ABOUT, MENTORING, SELECTION PROCESS, EXPERIENCES, and COHORTS. The main content area features three columns of images and text:

- Teamwork:** "The support we offer each other has been affirming and valuable for our roles as leaders."
- Mentoring:** "Probably the most influential factor in my career."
- Contributing factor:** "Probably the most influential factor in my career."

Below the images, the text reads: "Welcome to the Oxford International Primary Care Leadership Programme". It states that the programme has become an accredited Post Graduate Certificate and provides a link to <https://www.conted.ox.ac.uk/about/international-primary-care-research-leadership>. Further down, it mentions the programme is hosted by the Nuffield Department of Primary Care Health Sciences at the University of Oxford.

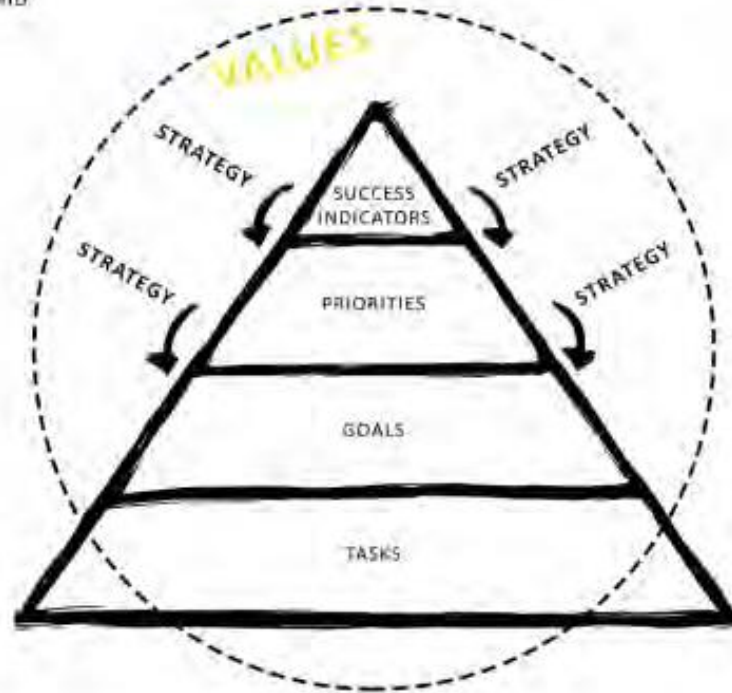
On the right side of the page, there are links for "Mentor", "Login", and "MEETIN". At the bottom, there is a date "15/07, 2018" and a note "For 20: see htt prim".

# Build a pyramid

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Clark A, Sousa B  
(2018) How to be a  
happy academic

THE SUCCESS PYRAMID





# Worked example

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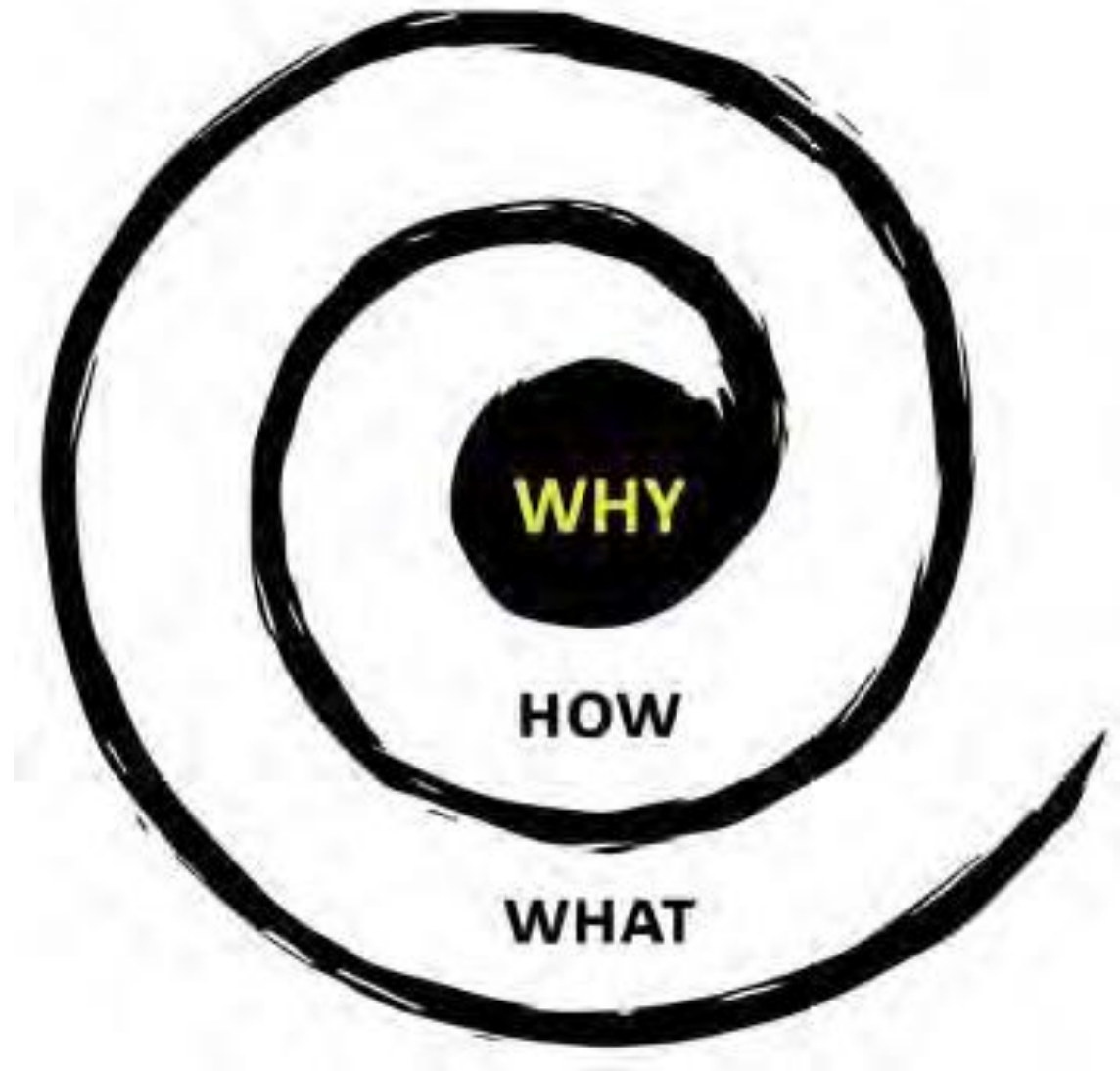
- Success indicator
  - Be internationally known for my research area
- Priorities
  - Publish continuously, credibly and visibly
- Goals
  - Keep Fridays free for writing
  - Aim to publish strategically
- Task
  - Don't answer emails on a Friday
  - Don't schedule meetings on a Friday



Find your  
WHY  
(rather than  
your WHAT)

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Sinek – TED talk.  
Start with why



# Build your teams

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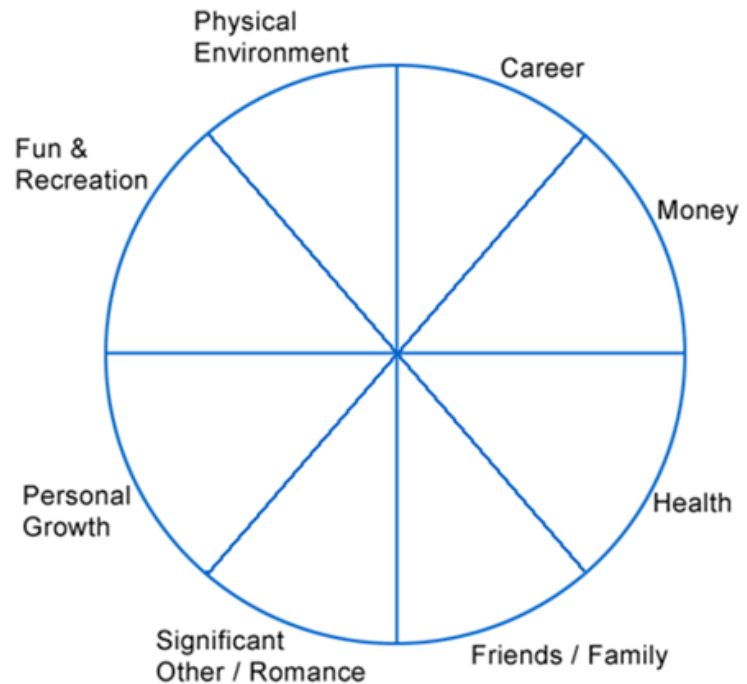
- Good teams
- Work hard, work well
- Mentor, line manager, coach
- Mental health research
  - Peer researchers
  - Counsellor
  - Clinicians
- 'Big believers'



# Strengthen your base

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- Upskill and learn
- Be balanced
- Self energise
- Have a home team





# Seize opportunities

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- There are few super heroes
  - Leap then learn
  - Practice confidence
  - Trust colleague's judgement

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QUESTIONS

