Presentation

• Who I am
• What I’ve done
• What’s helped and hindered
• What I’d do now
Who I am

• Leader
• Researcher
• Teacher
• Mother
What I’ve done: degrees

- BSc Health Sciences
- MSc Health Promotion and Education
- PhD Applied Social Science
What I’ve done: appointments

- Research Associate, Heriot Watt University
- Research Associate, MRC Social and Public Health Sciences Unit, Glasgow
- Research Fellow, University of Glasgow
- Research Fellow, University of Bristol
- Lecturer, University of Bristol
- Senior Lecturer, University of Bristol
- Reader, University of Bristol
What I planned.
What I planned.

What happened.

❤️Julia
What’s helped

• Worked hard, worked well
• Good teams and good people
• Encouraging line managers
• Excellent coaches and mentor
• Positive colleagues
What’s helped

- Seized opportunities
- Used my position as a methodologist
- Core funded
What’s hindered

- No clear focus or identity
- Too many tasks
- Wasting time/doing the wrong tasks
- Little motivation or energy
- Impostor syndrome and lack of confidence
No focus, too many tasks, wasting time

• Define yourself - Write a strap line
No focus, too many tasks, wasting time

- Build a success pyramid
Clark and Sousa (2018)
Worked example

• 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
Found your focus

- Presentation of self (to yourself and others)
  - build an identity, confidence and network
  - aware of your contribution to a team, project, centre etc
- Start filtering
  - Do the ‘right’ things
  - Decide what to start, stop, continue
- Identify a pathway
  - See opportunities, move forward
Lack of motivation

- WHY (rather than your WHAT)

Sinek – TED talk. Start with why
Why I do what I do

• Impact
  • ‘Relieve suffering by increasing understanding’

• Support others
  • ‘Be an inspiration to medical students’

• Nature of the role
  • ‘Many opportunities to learn, both personal and professional’
Lack of energy

- Finding your focus and your why
- Self energise
- Think how personal and professional life sit together
Challenge the inner impostor

- Practice confidence
- Ask ‘why me?’ and accept feedback
- Realise there are few super heroes
- Deal with failure
- Upskill and learn
- Find a mentor
Resources

- Covey S (2013) The 7 habits of highly effective people.
- TED talks: ideas worth spreading [https://www.ted.com/talks](https://www.ted.com/talks)
Questions?