

# Career journeys

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# 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



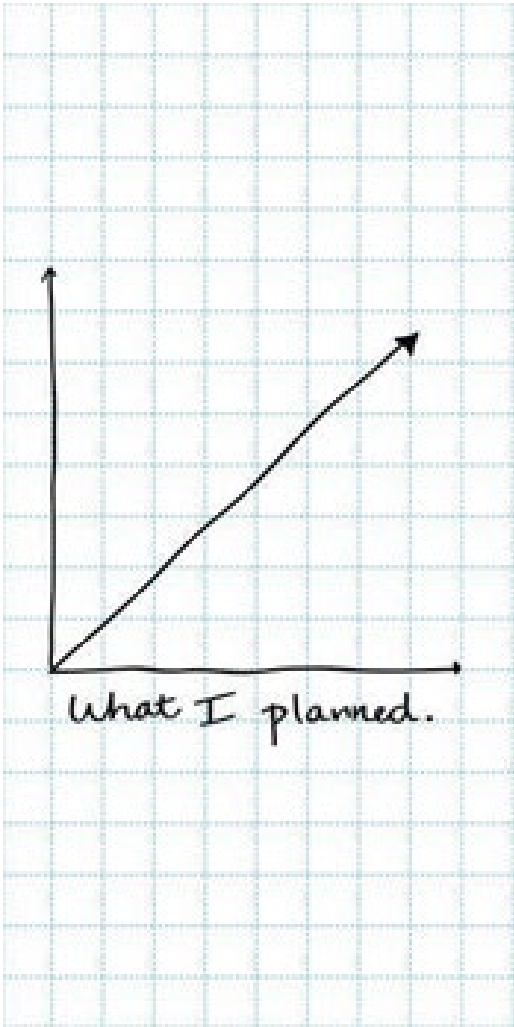
# What I've done: degrees

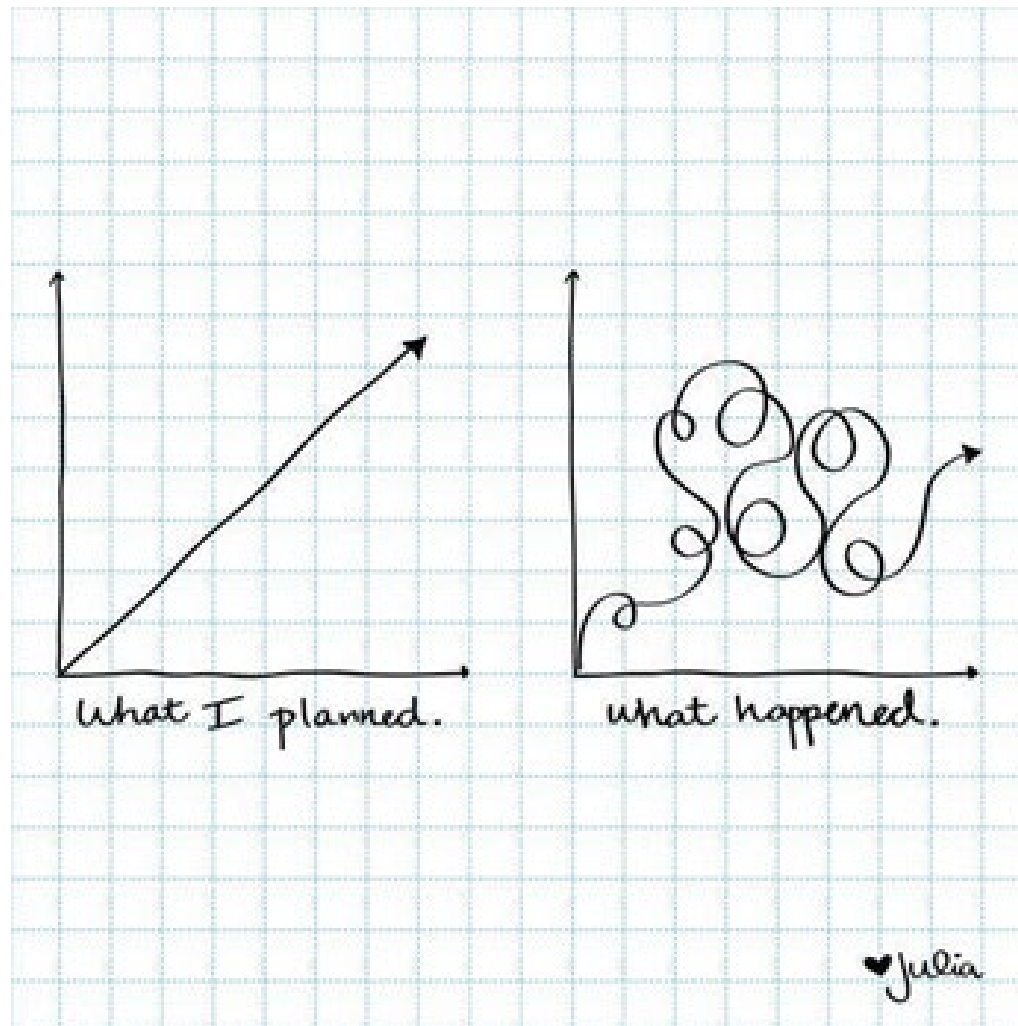
- BSc Health Sciences
- MSc Health Promotion and Education
- PhD Applied Social Science



## 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's helped

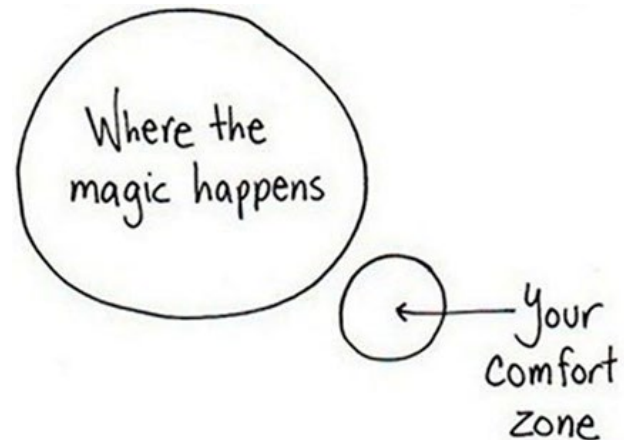
- Worked hard, worked well
- Good teams and good people
- Encouraging line managers
- Excellent coaches and mentor
- Positive colleagues





# What's helped

- Seized opportunities
- Used my position as a methodologist
- Core funded



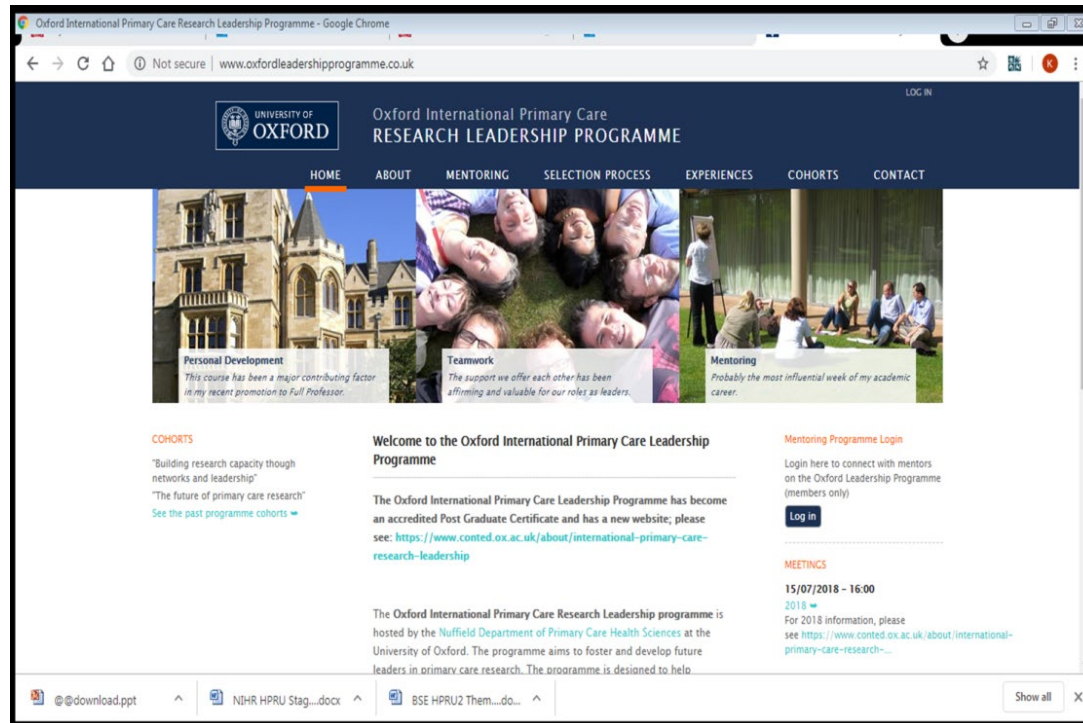
# What's hindered

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



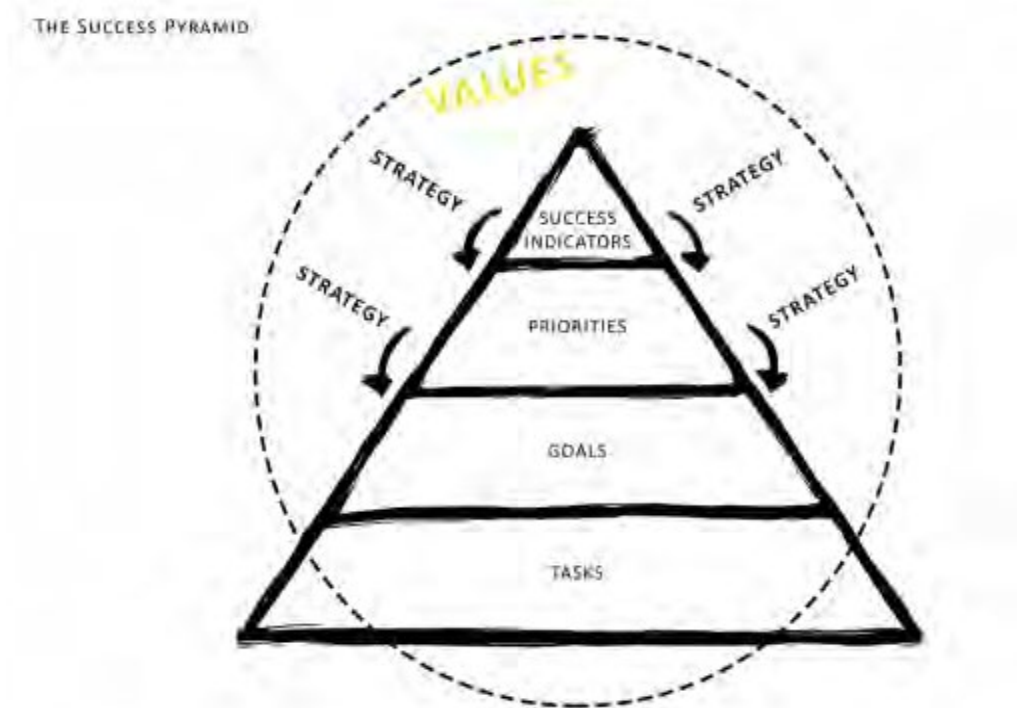
# No focus, too many tasks, wasting time

- Define yourself - Write a strap line

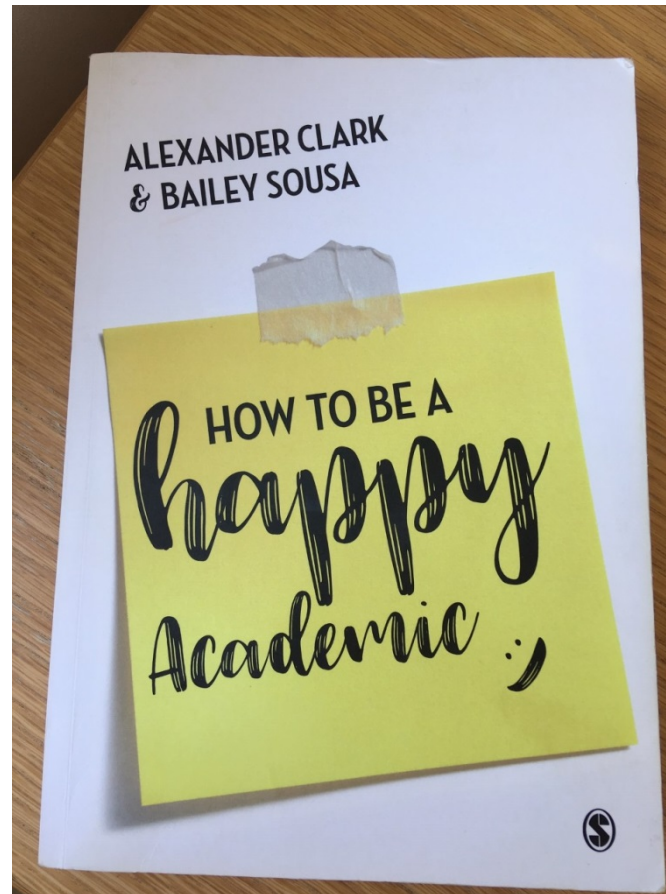


# No focus, too many tasks, wasting time

- Build a success pyramid

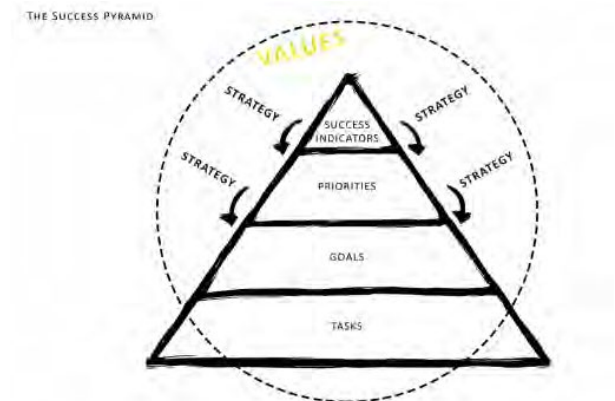


# Clark and Sousa (2018)



# 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



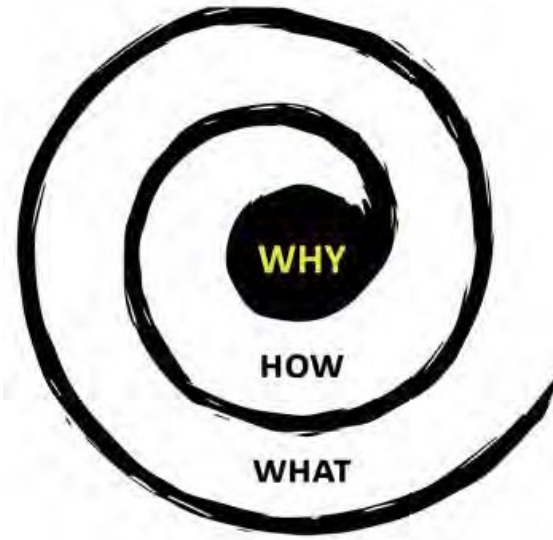
# Found your focus

- 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



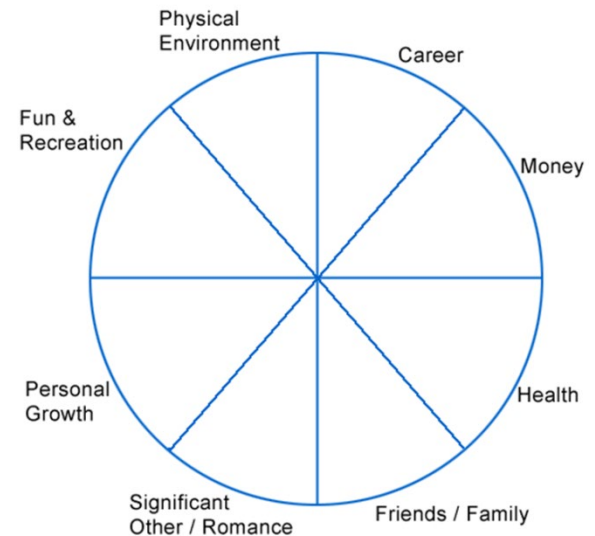
# Why I do what I do

- 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

- Brown B (2015) Daring Greatly.
- Clark A, Sousa B (2018) How to be a happy academic.
- Covey S (2013) The 7 habits of highly effective people.
- Sinek S (2011) Start with why.
- TED talks: ideas worth spreading  
<https://www.ted.com/talks>

