

Career journeys

Katrina Turner



Presentation

- Who I am
- What I've done
- What's helped and hindered
- What I'd do now



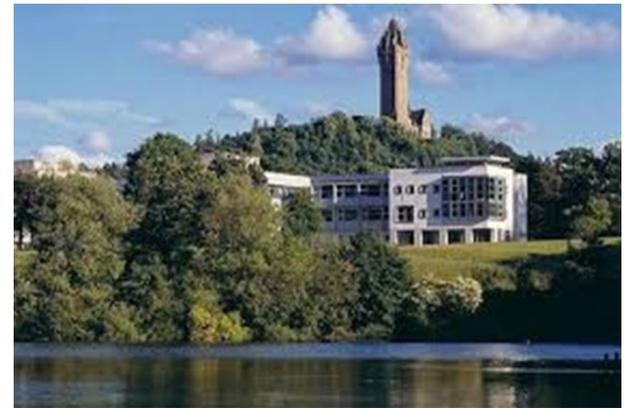
Who I am

- Leader
- Researcher
- Teacher
- Mother



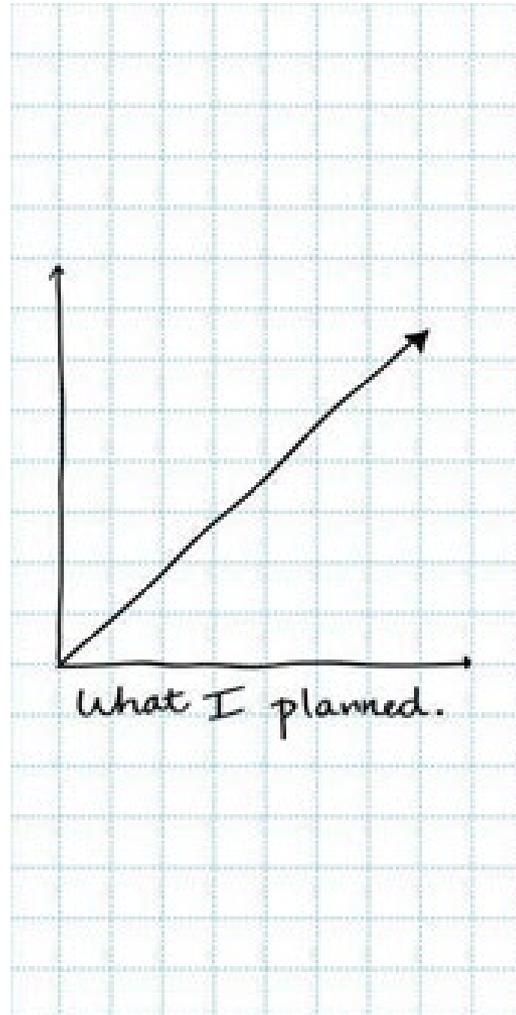
What I've done: degrees

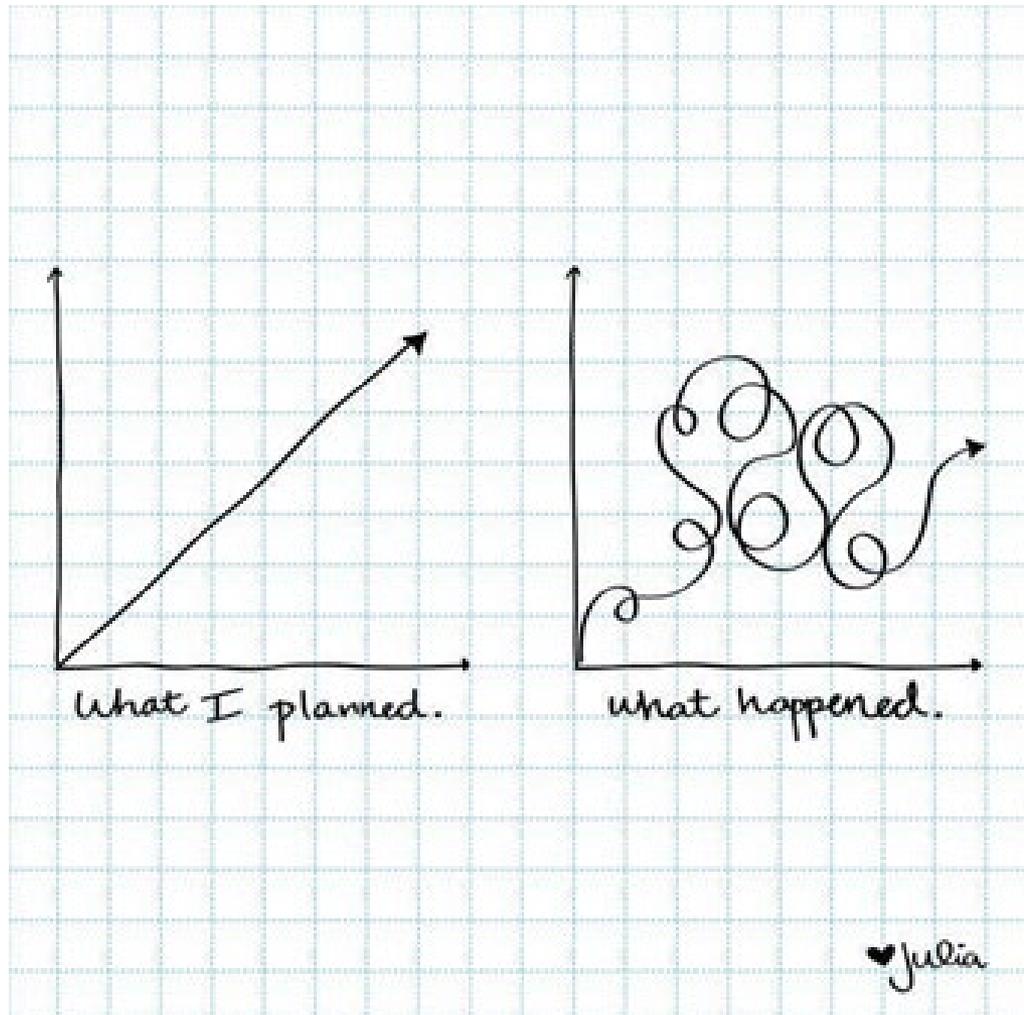
- BSc Health Sciences
- MSc Health Promotion and Education
- PhD Applied Social Science



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





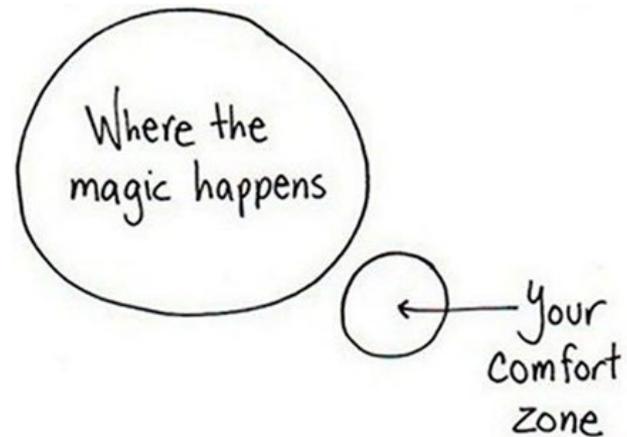
What's helped

- 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



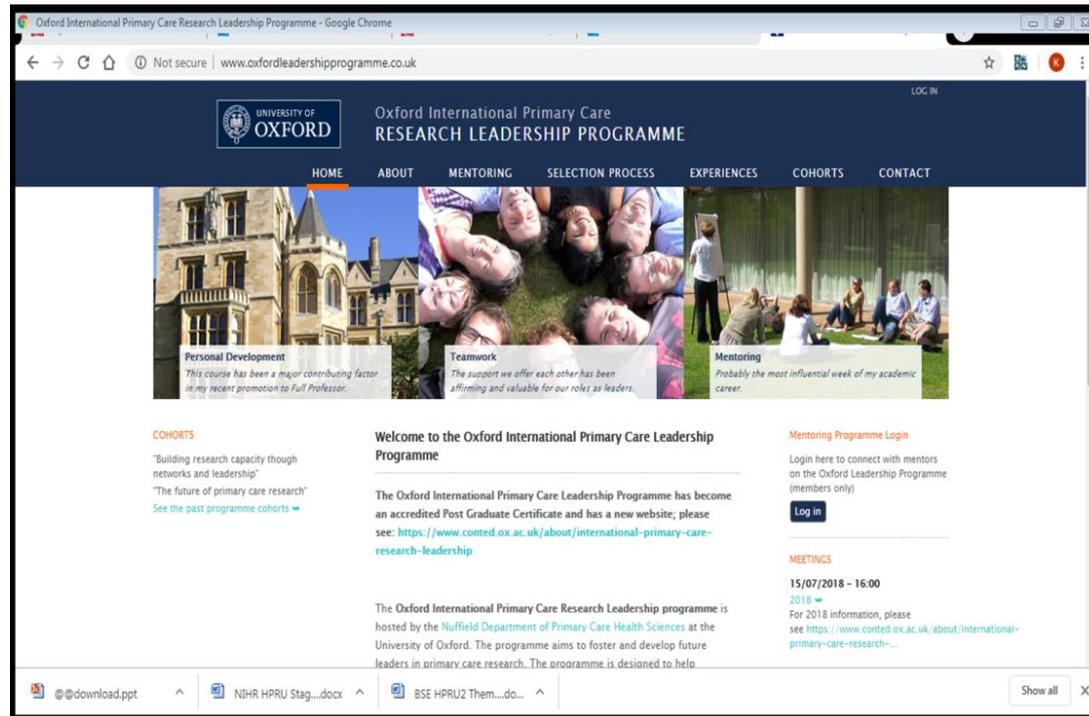
What's hindered

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



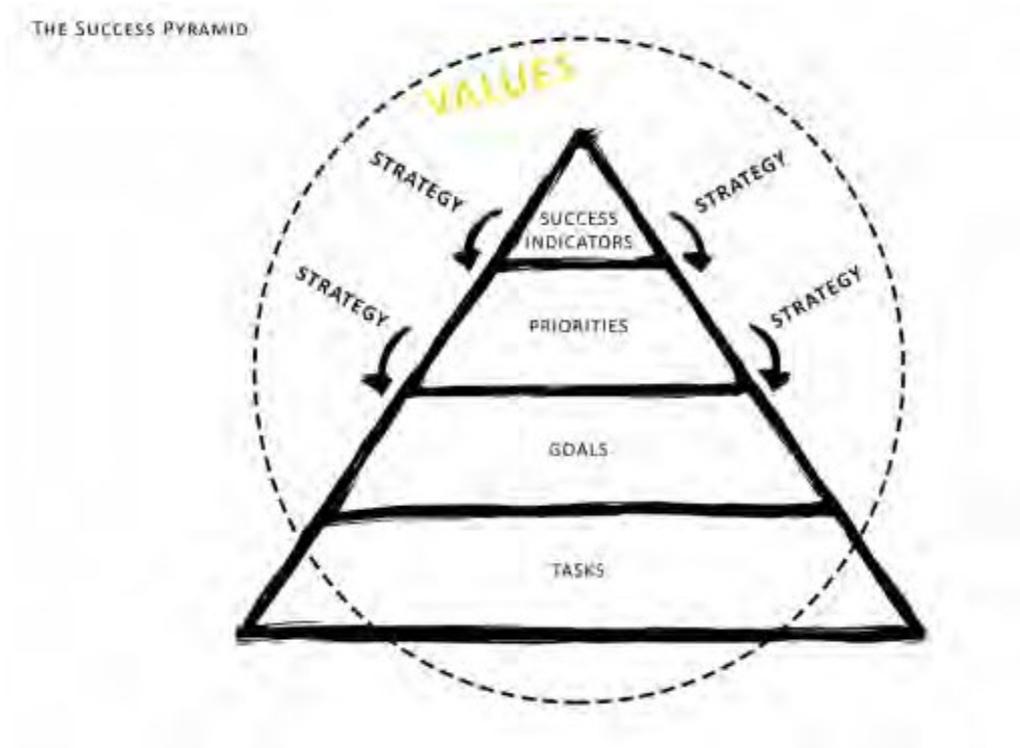
No focus, too many tasks, wasting time

- Define yourself - Write a strap line

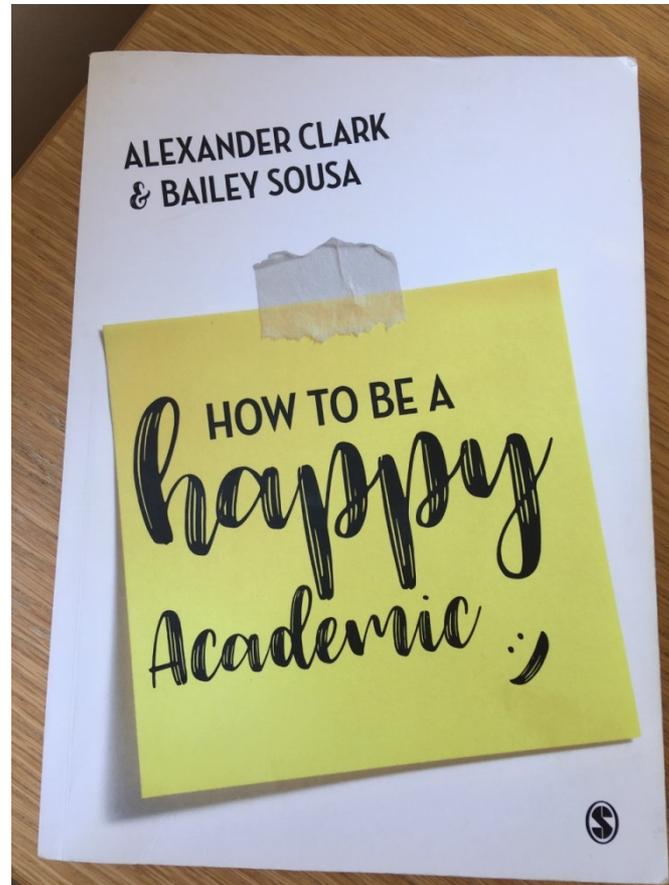


No focus, too many tasks, wasting time

- Build a success pyramid

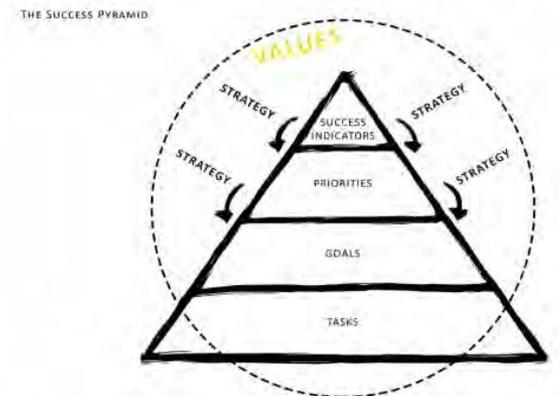


Clark and Sousa (2018)



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



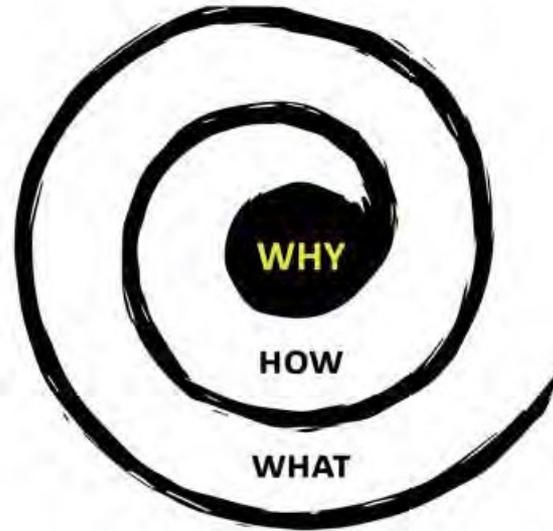
Found your focus

- 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

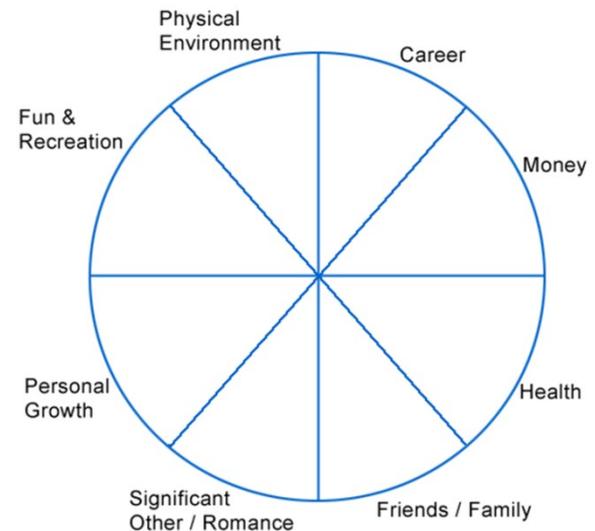
Why I do what I do

- 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>

