

Doctoral Researcher Wellbeing Week

2 – 7 March 2020



Day	9am-10.30am	11am-12.15pm	12.45pm-1.15pm	12.45pm-1.30pm	2pm-3.45pm	5pm-6pm	5pm-7pm	
MONDAY	Doctoral Wellbeing: What we've done, what we're doing, and what's next! Dr Katryna Kalawsky Graduate House	Beating Impostor Syndrome! Bridget Hazell Graduate House	Doctoral College Fun Run Campus Fun Run	Guided Visualisation for Relaxation Bridget Hazell Graduate House	Procrastination Bridget Hazell & Emma Mansley The Space			
TUESDAY	Mental Health First Aid in Higher Education: Champion Nadine Skinner & Ian Beaver Rutland, 0.01	Taking Control of Your Finances Gail Langton & Laura Penrose The Space Bridgeman Building	Making Writing Work for You! Emma Bates, Kristina Gavran & Katie Woodhouse Graduate House	PhD Social Support Network Graduate House	Sleep Management: A User's Guide Prof Kevin Morgan Graduate House	Circuits/HIIT Anna Taylor New Victory Hall (Holywell Fitness Centre)	LU Arts: Make your own Macramé Plant Hanger! Léa Sawicki Graduate House	
WEDNESDAY	Mental Health First Aid in Higher Education: Champion Nadine Skinner & Ian Beaver The Space Bridgeman Building	Being a Brilliant Doctoral Researcher! Dr Andy Cope Graduate House	Easy Meditation Techniques Natalie Steel Council Chamber, LSU	You only DIE once: 5 ways to LIVE every day Keynote Sanjeev Sandhu Graduate House	The Art of Being Brilliant! Keynote Dr Andy Cope Sir David Davis, DAV031	You only DIE once: 5 ways to LIVE every day Keynote Sanjeev Sandhu Sir David Davis, DAV031		
THURSDAY	University Mental Health Awareness Day Various events will be happening in Loughborough and London throughout the day.	Getting to Grips with Housing! Shivani Sharma & Alice Brennan James France, D109	Mentally preparing for presentations Auri Evokari, Doctoral Researcher LUL, LDN 323	Neurodiversity Drop-In Jackie Hatfield Tina Horsman Graduate House	Mental Health Mates Walk Campus walk	Mindfulness for Study Tina Horsman Graduate House and livestreamed to LUL, LDN207	Glow Beatz Anna Taylor New Victory Hall (Holywell Fitness Centre)	
	Mental Health Fair Organised for and by LUL	An Exploration of Doctoral Wellbeing with Lego® Serious Play® Jackie Hatfield & Tina Horsman Graduate House	Getting to grips with immigration and Visas! Katherine Weston & Andy Deane James France D109	Doctoral Wellbeing Twitter Chat #LboroDRWellbeing Online	You only DIE once: 5 ways to LIVE every day Keynote Sanjeev Sandhu LUL, The Future Space	Supporting the supporter, are we doing enough? Dr Katryna Kalawsky The Space Bridgeman Building	LU Arts: Character Illustration Pickle Illustration Graduate House	
FRIDAY	Self-Care for a Better, Happier you Natalie Steel Graduate House	Easy Meditation Techniques Natalie Steel Graduate House	Supervisor Forum: Doctoral Wellbeing & Support Dr Katryna Kalawsky Graduate House	Walk & Talk Campus walk Centre for Faith & Spirituality	Fuelling your Research: Nutrition Fran Baldwin Graduate House	How to be Assertive Katerina Flynn & Diddy Elliott Graduate House	Quiz Night DR President Team & PhD Social Support Network Village Bar	
SATURDAY	Family Circuits / HIIT Anna Taylor New Victory Hall (Holywell Fitness Centre)	LU Arts: Willow Weaving – Make a birdfeeder Graduate House	<p>#LboroDRWellbeing</p> <p>lboro.ac.uk/doctoral-wellbeing</p>					

- Doctoral researchers only
- Staff supporting doctoral researchers (eg. supervisors, DDP, Doctoral College Staff)
- Doctoral researchers and staff only
- ▶ Held at Loughborough University London