



Doctoral Researcher Wellbeing Fortnight

1 – 12 March 2021

MON – 1 MAR	10am–11.30am Be a more resilient you! Jonathan Phelan	12.30pm–1pm Caring for your back Sam MacGregor	2pm–2.30pm Meditation made easy Natalie Steel	3pm–5pm Sleep and sleeplessness Prof Jim Horne	7pm–7.45pm Virtual Zumba Lucy-Anne Bell & Ellie Douglas
TUES – 2 MAR	10am–11.30am Be a more resilient you! Jonathan Phelan	12.30pm–1.30pm Guided visualisation for relaxation Bridget Hazell	12.30pm–1.30pm Online lunch PhD Social Support Network	3.30pm–4pm Neurodiversity drop-in Jackie Hatfield & Tina Horsman	
WED – 3 MAR	9.30am–12.30pm An exploration of doctoral wellbeing with Lego® Serious Play Jackie Hatfield & Tina Horsman	10am–12pm Who am I? Working out what makes your perfect 'job' Dr Valerie Pinfield	1pm–2pm Taking control of your finances Katherine Weston & Alice Brennan	2pm–4pm Supervisor Forum: Doctoral wellbeing & support Dr Katryna Kalawsky	
THURS – 4	12pm–1pm Getting to grips with accommodation during your studies Shivani Sharma & Louise Waldron	1pm–2.30pm Maximising the potential of online doctoral supervision Prof Elizabeth Peel & Dr Cristian Tileaga	5pm–6pm Mindfulness yoga Elaine Richards	8pm onwards Movie night PhD Social Support Network	
FRI – 5 MAR	10am–10.30am Positive thinking part 1 Natalie Steel	11am–11.30am Selfcare for a happier you Carolyn Vetter	2pm–4pm Producing your best intellectual work whilst staying as emotionally and physically health as possible Dr Elesä Zehndorfer		
SUN – 7 MAR	4pm–6pm LU Arts: Tension release breath workshop Brian Morrison				
MON – 8 MAR	10am–11.30am Be a more resilient you! Jonathan Phelan	12.30pm–1.30pm Guided visualisation for relaxation Bridget Hazell	3pm–4pm LSU Presents: Expanding your wellbeing support arsenal Ana-Maria Bliciu & Alex Marlow		
TUES – 9 MAR	11am–12pm A new consciousness Dr Prashant Kakoday	12.30pm–1.30pm Online lunch PhD Social Support Network	12.30pm–2.30pm SEDA Webinar: Supporting the wellbeing of academic staff in HE Dr Sarah Turner & Dr Katryna Kalawsky	1pm–2.30 pm Heads Together: Doctoral and staff wellbeing open discussion Chloe Blackwell, Rachel Armitage & Guy Tallentire	2.30pm–3.45pm How nutrition and eating behaviour can influence academic and personal success Dr Chris McLeod
WED – 10 MAR	10am–11am Living in Loughborough town? Meet your Community Warden Team Jenny Ardley	12pm–1pm Visa and immigration advice Martin Matthews & Andy Deane	1pm–1.30pm Positive thinking part 2 Natalie Steel	2pm–4pm Doctoral Wellbeing: What we've done, what we're doing and what next? Dr Katryna Kalawsky	7pm–8.30pm LU Arts: Make your own Zine Tanya Gleadow
THURS – 11	11–12pm Chair yoga Paula Malins	2pm–3.45pm Mindfulness for study Jackie Hatfield & Tina Horsman	2pm–4pm Who can I become? Developing your professional skill set Dr Valerie Pinfield		
FRI – 12 MAR	10am–12pm The impact of loneliness: How to support yourself and others Nadine Skinner	2pm–4pm Doctoral Wellbeing: What we've done, what we're doing and what next? Dr Katryna Kalawsky	7pm onwards Quiz night PhD Social Support Network		



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● Doctoral researchers ● Staff