

Remaining Resilient in Research

Career Development Event

Chaired by Professor Janet Lord FMedSci

- 10.30 Arrival and registration with refreshments
- 11.00 **Welcome**
Chair - Professor Janet Lord FMedSci, University of Birmingham
- 11:15 **How to get funded (and what if you don't)**
Chair: Professor Janet Lord FMedSci, University of Birmingham
Panel: Professor Paul Moss FMedSci, Professor Janet Lord FMedSci, Professor Charalambos Kyriacou FMedSci and Dr Zania Stamataki
- 12:30 Lunch Break
- 13:15 **Mental Fitness Training**
Facilitator: Roy Marriott (Marriott Coaching)
- 14:30 **Keynote: 'Stronger: Rejection and Resilience in Academia'**
Dr Eileen Parkes, Queen's University Belfast
- 15:30 Refreshments
- 15.45 **Resilience Forum**
Chair: Professor Janet Lord FMedSci, University of Birmingham
Panel: Professor Janet Lord FMedSci, Dr Eileen Parkes, Professor Paul Moss FMedSci and Dr Zania Stamataki.
- 16:45 **Closing remarks**
Chair – Professor Janet Lord FMedSci, University of Birmingham
- 17:00 **Networking Reception**

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