

Welcome to the PGR Development Programme for 2025– 2026.

Sessions between September and December can be booked from September 2025. Sessions between January and June 2026 can be booked from December 2025. Follow the weblinks to secure your place.

Click to show recommended sessions

Themes

Challenges
Communicating Your Research
Future Careers

Leadership

Managing Your Research
Wellbeing
Writing

Researcher Development Framework



Researcher

Personal and professional values and behaviours: Development-focused • Strategic • Organised Curious • Collaborative • Adaptable • Reflexive Motivated • Responsible

Research

Knowledge and skills to undertake research and deliver outcomes:
Knowledge and practice
 Subject knowledge • Research methods • Information and data literacy • Digital and technological capabilities Critical thinking and analysis • Creativity and innovation
Research management
 Funding and finance • Project management Risk management • Open research Research integrity and ethics
Engagement and impact
 Communication • Research outputs Knowledge exchange and public engagement Research translation and commercialisation Teaching and learning

Research Communities

Knowledge and skills to engage and work with others:
 Research culture • Teamworking • Leadership Supervision and people management Coaching and mentoring • Networking

SEPTEMBER 2025

16 SEPTEMBER: 10:00–11:00

Demystifying publishing & peer review in STEM journals
 An overview of the full publishing and reviewer process, author responsibilities and how to respond to peer review feedback.

Writing

Managing Your Research

17 SEPTEMBER: 10:00–11:45

Viva preparation in Science & Engineering

This session demystifies the viva process and helps you prepare for your viva exam with confidence.

Managing Your Research

23 SEPTEMBER: 10:00–11:45

Viva preparation in Humanities & Social Sciences

This session demystifies the viva process and helps you prepare for your viva exam with confidence.

Managing Your Research

25 SEPTEMBER: 14:00–15:45

Viva preparation in Health & Life Sciences

This session demystifies the viva process and helps you prepare for your viva exam with confidence.

Managing Your Research

30 SEPTEMBER: 10:00–12:30

Uncovering your skills for now and whatever is next

Find out how to prepare for post PhD life by the Prosper team!

Future Careers

01 OCTOBER: 10:00–12:00

Procrastination, perfectionism, & burnout

Delve into the causes and forms of these common challenges – and learn how to manage them.

Challenges

02 OCTOBER: 14:00–16:00

Developing effective research practices for mid-stage PGRs

Strengthen your research momentum as you shift into the mid-stage of your PhD.

Managing Your Research

06 OCTOBER: 09:30–17:00

PGR Writing retreat

Make progress with your writing in a focused, supportive, distraction-free environment.

Writing

07 OCTOBER: 10:00–11:00

Writing journal articles for PGRs

Critical session covering essentials of producing impactful research papers for PGRs.

Writing

08 OCTOBER: 14:00–15:00

LinkedIn masterclass

An online session to help you get the most out of LinkedIn and your profile.

Future Careers

09 OCTOBER: 10:00–12:00

Presenting at conference

Join this session to sharpen your conference skills and make your next presentation a resounding success!

Communicating Your Research

14 OCTOBER: 10:00–11:00

Demystifying the recruitment process for post PhD careers

Find out how to showcase your PhD transferable skills and prepare for interviews in industry.

Future Careers

15 OCTOBER: 10:00–12:00

Deep work

Learn habits and techniques to help you work deeply and focus effectively.

Managing Your Research

16 OCTOBER: 12:00–13:00

Lunch & Learn

Varied

21 OCTOBER: 10:00–11:30

Managing the 1st year of your PhD in Science & Engineering

Learn how to manage your time and your project effectively and build key research connections via networking.

Managing Your Research

21 OCTOBER 14:00–15:00

Managing uncertainty

Develop tools and techniques to navigate the unpredictability of your research journey.

Wellbeing

22 OCTOBER: 14:00–15:30

Managing the 1st year of your PhD in Humanities & Social Sciences

Learn how to manage your time and your project effectively and build key research connections via networking.

Managing Your Research

23 OCTOBER: 10:00–11:30

Managing the 1st year of your PhD in Health & Life Sciences

Learn how to manage your time and your project effectively and build key research connections via networking.

Managing Your Research

27 OCTOBER: 10:00–11:00

Maximising success at academic conferences

Learn how to network at conferences and maintain meaningful connections in your research community.

Communicating Your Research

28 OCTOBER: 14:00–15:30

Using online researcher tools for PGRs

Learn about the importance of your professional digital presence and how to enhance your visibility and impact in research.

Communicating Your Research

30 OCTOBER: 10:00–11:30

The hidden knowledge of academia

Discover the unspoken rules and norms of the academic world.

Challenges

11 NOVEMBER: 10:00–12:00

Thesis writing bootcamp for late-stage PGRs

Explore the practicalities of thesis writing, including planning techniques, appropriate writing style, and writing to completion.

Writing

12 NOVEMBER: 14:00–15:30

Managing the 1st year of your PhD

Learn how to manage your time and your project effectively and build key research connections via networking.

Managing Your Research

13 NOVEMBER: 10:00–12:00

Academic writing for mid-stage PGRs

Deepen your understanding of academic writing and develop good writing practices.

Writing

17 NOVEMBER: 10:00–12:00

Engagement for impact

Join us to find out more about Public Impact – what it is, why it matters, and how you can get involved with your own research!

Communicating Your Research

18 NOVEMBER: 10:00–11:30

Academic cover letters

Consider how to craft a cover letter for various academic positions.

Writing

20 NOVEMBER: 12:00–13:00

Lunch & Learn

Varied

25 NOVEMBER: 10:00–12:30

Introduction to project planning for PGRs

Introduction to essential project planning techniques and how to use them.

Managing Your Research

26 NOVEMBER: 14:00–16:00

Understanding and planning for a research career

Discover the essentials of what you need to plan for a successful career as a researcher

Managing Your Research

27 NOVEMBER: 10:00–12:00

Developing effective writing habits

Build effective writing habits to support your research.

Writing

DECEMBER 2025

02 DECEMBER: 10:00–12:00

The PGR-supervisor relationship

Develop a positive and effective working relationship with your supervisor.

Managing Your Research

03 DECEMBER: 09:30–17:00

PGR Writing retreat

Make progress with your writing in a focused, supportive, distraction-free environment.

Writing

04 DECEMBER: 10:00–12:00

Developing effective writing habits

Build effective writing habits to support your research.

Writing

08 DECEMBER: 10:00–11:00

Writing journal articles for PGRs

Critical session covering essentials of producing impactful research papers for PGRs.

Writing

09 DECEMBER: 14:00–15:00

Relaxation & meditation

Experience guided techniques to help you relax, reduce stress, and cultivate calm.

Wellbeing

10 DECEMBER: 12:00–13:00

Lunch & Learn

Varied

11 DECEMBER: 10:00–12:00

Planning to finish, finishing to plan

Plan effectively to finish your PhD on time and with confidence.

Managing Your Research

12 JANUARY: 09:00–12:00

LEAP interactive workshop

For successful applicants only

Leadership

19 JANUARY: 09:00–12:00

LEAP interactive workshop

For successful applicants only

Leadership

26 JANUARY: 09:00–12:00

LEAP interactive workshop

For successful applicants only

Leadership

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Managing Your Research

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Managing Your Research

10 FEBRUARY: 10:00–11:30

Managing the 1st year of your research degree

Learn how to manage your time and your project effectively and build key research connections via networking.

Managing Your Research

12 FEBRUARY: 14:00–15:00

An introduction to 3MT competition

An Introduction to the 2026 University Three Minute Thesis competition including how to enter and how to prepare your entry!

Communicating Your Research

16 FEBRUARY: 12:00–13:00

Lunch & Learn

Varied

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23 FEBRUARY: 10:00–11:00

Writing journal articles for PGRs

Critical session covering essentials of producing impactful research papers for PGRs.

Writing

25 FEBRUARY: 14:00–15:45

Writing impactful academic abstracts

Explore the critical role that abstracts play in academic writing for articles and conferences.

Writing

26 FEBRUARY: 10:00–12:00

The PGR-supervisor relationship

Develop a positive and effective working relationship with your supervisor.

Managing Your Research

03 MARCH: 09:30–17:00

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Writing

04 MARCH: 10:00–11:00

How to do collaborative research

Collaboration is an essential skill for researchers, find out how to work successfully as part of research teams as a postgraduate researcher.

Managing Your Research

05 MARCH: 14:00–15:30

CV masterclass

Learn how to write and tailor CVs for both academia and industry.

Future Careers

10 MARCH: 10:00–11:30

Academic cover letters

Consider how to craft a cover letter for various academic positions.

Writing

11 MARCH: 12:00–13:00

Lunch & Learn