

Slide 1



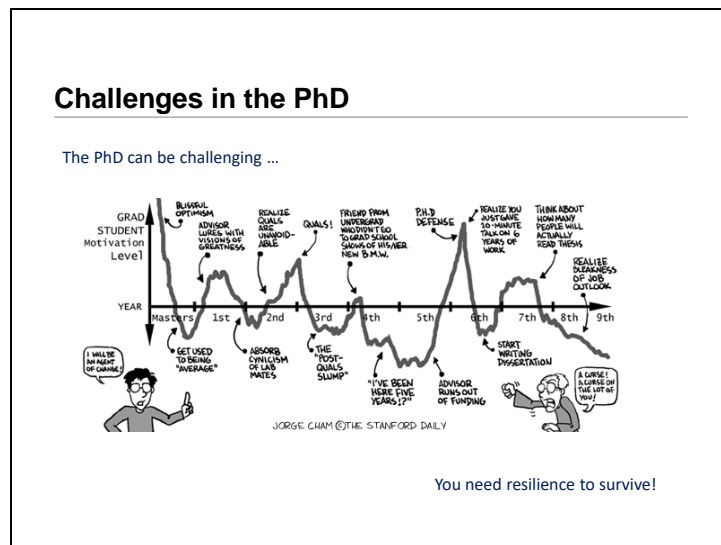
UNIVERSITY OF  
LIVERPOOL



**Resilience**  
**LDC Development Theme**

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Hello and welcome to the LDC Development Programme theme of ‘**Resilience**’



You have been probably told that research life, can be challenging, that it will be stressful at times, and there will be periods where you start to doubt yourself, as well as periods of success and elation.

Such advice can make the PhD sound very daunting ...

However, it is meant to be helpful, to warn you in advance about potential problems,

And suggest that you need to be **resilient**

### **What is Resilience?**

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Resilience is the ability to recover quickly from problems

Can you make yourself more resilient?

What skills can you develop to become more resilient?



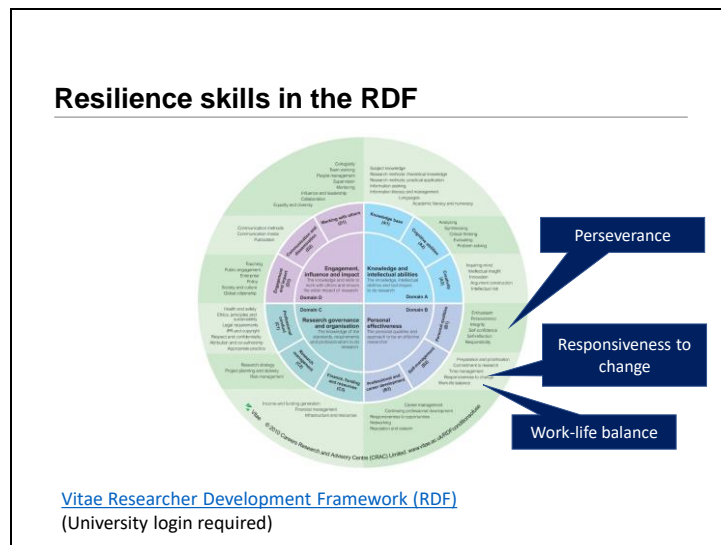
Resilience is defined as the ability to recover quickly from problems

The PhD poses many challenges, and you will cope with some more than others.

Some people cope better with situations than others and a failure to cope does not mean you are not worthy of a PhD.

However, can you enhance your resilience, particularly in the research context.

What skills will help you become more resilient?



The significance of resilience skills to becoming a successful researcher is recognised in the Researcher development framework.

In section B, Personal effectiveness you will find attributes such as Perseverance and the skill of Responsiveness to change and Work-life balance

. If you want further details of how you might demonstrate these look at the RDF phases in the full framework document.

### **Managing Difficult situations**

1. Change the situation,
2. Cope when you cannot change
3. To seek further help when you cannot cope.



All options are part of being a resilient researcher.  
Sometimes you need support to decide on which option

There are three possible approaches when you encounter a difficult situation

To change and improve things, yourself or with others,  
Cope with a situation you cannot change, but manage your own stress  
To know when to ask for further help when you cannot manage.

What you can do will depend on the situation - all options are part of being a resilient researcher.

### **LDC Development support**

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Our online workshops can help you to gain skills to:

- manage your research time effectively,
- motivate yourself,
- develop your self-confidence as a researcher,
- improve your work-life balance
- manage relationships with research colleagues
- Overcome Writers block



in this programme, our workshops and resources aim to either support you to manage difficult situations or to point you where to go for further help when needed

Specifically the workshops can help you to gain a variety of relevant skills,

From managing your research time, motivating yourself, through to managing your relationships with colleagues. And overcoming writers block.

### **Introductory workshops**

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Taking Ownership of your PhD 4  
Time-management in the PhD

Taking Ownership of your PhD 5  
Working with your supervisor

Taking Ownership of your PhD 7  
Surviving the PhD



There are three workshops in the Taking Ownership series for new researchers that are relevant to this theme

With more workshops planned for 2021

## Finally

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Everyone's PhD experience is  
unique

You want to succeed

We hope you can find the  
support you need!



Finally; everyone's experience of the PhD is different, not just in the nature of the research, but the type of problems you may experience.  
People's approach to managing their problems is different – but it is always worth seeking out the support that you need



## Slide 9

