

# TOP 5 TIPS

## Preparing for a successful future



### PRIORITISE YOURSELF

Put time aside to prioritise your own career and development. It's easy to allow your time to be filled up with everyday tasks. People often say 'I don't have time for professional development', when what they mean is 'I don't make time for professional development'. Time for yourself is time well spent, so give yourself permission to focus on your development.



### MAKE A PLAN

Design your own future by writing a professional development plan. Consider your long-term, mid-term and short-term goals, then reflect on what you could do to help you get there and who you might ask for help. It's likely you'll have to flex your plan as your career takes different paths, but by reflecting on where you want to go you'll feel more in control and have a broader view of options available to you.



### NURTURE NEW CONNECTIONS

building a professional network is a key element of preparing for a successful future. Meeting new people can help you to find out about new opportunities, give you inspiration and new insights for your work, and lead to future collaborations or roles.



### GET INSPIRED

have an open mind and explore what options and opportunities are open to you. As a researcher, you have sought after skills and there are lots of opportunities available. Consider the multiple paths your career could take, you never know where things will lead if you are open to them.



### LEARN TO FAIL

Not everything in your career, or life, will go as planned. You won't always achieve the things you set out to do, but don't be discouraged - every failure is a learning opportunity. Following a setback, take time to reflect on what you can take away from the experience that will help you in future, and turn it into a positive.