



THE UNIVERSITY  
of ADELAIDE

Faculty of Sciences

# Researcher Development

## Workshop: Time for Research

with Hugh Kearns

As a busy academic do you feel like you never have enough time to get to your research, particularly the writing part? And that other things like students, administration, committees, emails, project management etc. demand all your time? This workshop shows you how to guarantee you spend high quality time on your research outputs. It covers prioritising, goal setting and managing competing demands in a university context. If you want to increase your research output without compromising your work/life balance, then this workshop is for you. Key aspects of this workshop have featured in nature. This workshop will show you how to:

- take control of your time, stop procrastinating and stay motivated
- balance competing demands
- say NO (and understand why it is so hard to do so)
- think more realistically about your research productivity

**Hugh Kearns** from Thinkwell is recognised internationally as a public speaker, educator and researcher. His areas of expertise include self-management, positive psychology, work-life balance, learning and creativity. He draws on over twenty five years of experience as a leading training and development professional within the corporate, financial, education and health sectors.

**Date:** Friday 17<sup>th</sup> March 11:30am – 2:30pm

**Venue:** The Braggs, meeting room 214, North Terrace Campus

*Places are limited so please RSVP by Friday 10 March to Anette Nyden*

*E: [anette.nyden@adelaide.edu.au](mailto:anette.nyden@adelaide.edu.au) or P: 08 8313 9824*