

## Triforc Annual Meeting 2014 – Careers Workshop

Tuesday 11<sup>th</sup> November (9.30 – 12.30; 13.00 – 15.00)

### Workshop description

Planning your career, whether it is within or outside of academia, is essential for postgraduate students and researchers to ensure you are prepared for your next career transition following the end of your study or research contract. Self-awareness is fundamental to making effective career decisions, but can also help you to be more effective in your professional life. This workshop is based on the tutor's book *Career planning for research bioscientists* (Blackford, Wiley-Blackwell 2012) and will act as a foundation for ongoing and future career development workshops and interventions as part of the Triforc commitment to its researchers.

### Learning outcomes

By the end of the workshop participants will:

1. know the basic theory of career planning and be able to apply it to their own career strategy;
2. be more self-aware in terms of their skills, values and personality and how this impacts on their career planning and work life;
3. be able to identify opportunities to enhance their employability;
4. have formulated a personal action plan to follow up after the workshop.

### PROGRAMME

Time	Activity
9.30	Introductions, contracting, setting the scene
10.00	Career planning What is career planning? Theories and context
10.30 – 12.30	SELF-AWARENESS AND ANALYSIS Personality Assessment and implications
12.30 – 13.00	LUNCH
13.00	SKILLS and CAPABILITIES Evaluating skills – technical, personal, transferable

14.00	VALUES – personal evaluation
14.30	SELF AWARENESS – Bringing it all together, Identifying strengths/areas for development
14.50	SUMMARY AND ACTION PLANNING Personal planning and actions

**Tutor: Sarah Blackford**



Sarah Blackford is an academic and science career specialist with particular interest in supporting bioscience researchers. Having initially started her career in research at York University, followed by five years in scientific publishing, Sarah switched career paths into careers advisory work in Higher Education (Lancaster and Leeds Universities). For the past 10 years, she has been providing career coaching and guidance to PhD students and postdoctoral researchers, formalising her experience with a master's degree in careers education and guidance (Warwick University). Sarah's work extends to the international level, as she delivers career development workshops and one-to-one coaching in universities and during conferences across Europe and in the US.