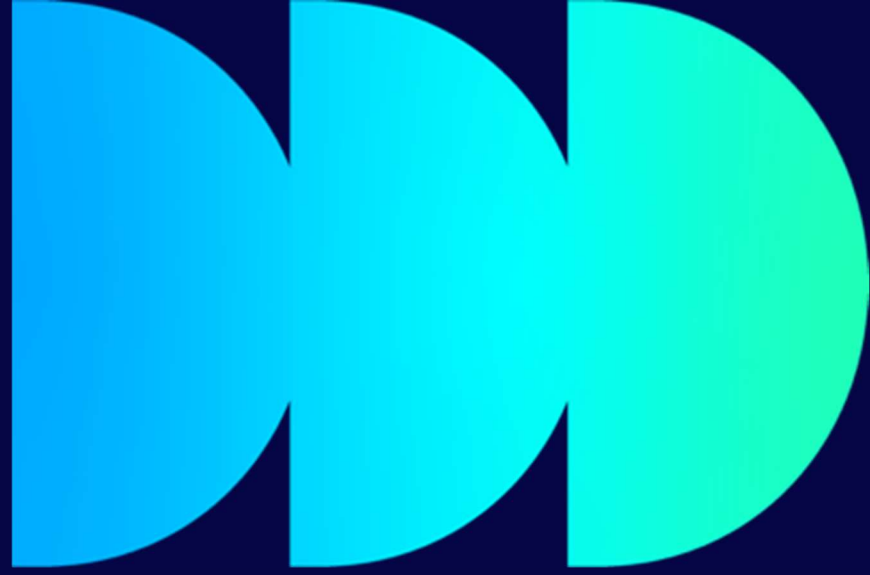




PGR Wellbeing support group

**Join our 8 -week online PGR
support group**

Are you a Postgraduate Researcher (PGR) seeking a supportive and understanding space to discuss the unique challenges of your academic journey? Look no further! Our online 8 week facilitated PGR Wellbeing support Group is a small supportive group for approximately 8 self-referred students to offer a safe and confidential environment to connect, share, and grow. What we will offer:

- A safe and inclusive space: Connect with a community of fellow PGRs who understand the intricacies of your doctoral experience. Share your thoughts, concerns, and triumphs and support each other in a non-judgmental atmosphere.
- Focused Discussions: Explore topics that commonly impact PGRs, such as isolation, imposter syndrome, and navigating the supervisory relationship. Engage in thought-provoking conversations that help you gain new perspectives and strategies.

When:

Sessions will be held on Mondays 1-3pm starting Monday 8th January 2024. The last session will be held 26th February 2024.

How to get involved:

Places will be allocated following an expression of interest process which will involve:

Completing an Expression of Interest form.

A one-to-one meeting with one of the advisors to give you the opportunity to ask any questions, talk about your expectations and the boundaries of the group.

- Personal growth: Develop valuable skills for managing stress, enhancing resilience for the things you cannot control, and fostering a healthier work-life balance. Empower yourself to overcome challenges and thrive in your academic journey.

The group will be facilitated by a dedicated Mental Health Advisor (Dionne Tonge) and an Academic Advisor (Dr Emma Stevens), who will guide and facilitate each session to ensure productive discussions and meaningful interactions.

Ready to join? Please complete this short [Expression of Interest form](#)

URL: <https://forms.office.com/e/sxKMNjhek7>

Let's get started!

If the course is over-subscribed, we will select participants that we feel will benefit most greatly from the course at this stage of their PGR journey.

Deadline:

Please submit your expression of interest form by 10am on Monday 30th Oct 2023

Prioritise your wellbeing and thrive with your peers as a united PGR community.