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COURAGE PROJECT (2018-2020)

Power Relations: UniWind Conference 2021



FUNDING AND OTHER PROJECTS

- Office for Students and Research England Catalyst Fund £1.5 Million
 - £300,000 funding for UEA (maximum amount)
 - previous UEA research - Honesty Project (2015), PGR Focus Groups, MH Surveys (2018)
- 17 Universities in total
 - Wellbeing When Writing – University of Westminster
 - PGR Well Bee-ing - University of Manchester
 - Wellbeing training, resilience, look after your mate, peer support, app development
- Projects connected with Vitae (Researcher Professional Development) and UK Council for Graduate Education (UKCGE)

Principles



PRINCIPLE 1

Shared leadership, design and delivery. PGRs, academics and professional supporting services involved in all project



PRINCIPLE 2

Implementing and promoting evidence-based initiatives and evidence-generating work.



PRINCIPLE 3

Addressing in-depth support,
resilience/upskilling and
prevention. At individual and
institutional levels.

P1: RESEARCH CULTURE AND COMMUNITY PLACEMENTS



Faculty based



Paid



PGR-led



WALK AND TALK

Topics to discuss or simply walk and talk around
campus

PHDIGGERS

Allotment and gardening, created Silent Space on
Campus



P3: UPSKILLING

GENERATING SPECIFIC
SUPPORT AND TRAINING FOR
SUPERVISORS

WELLNESS ACTION PLAN

MENTAL HEALTH IMPACT
ASSESSMENT OF UNIVERSITY
POLICIES





RESOURCES

Office for Students

UEA Students Union Courage Project

YouTube



**GET IN TOUCH
WITH FURTHER
QUESTIONS OR
COMMENTS**



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