COURAGE PROJECT (2018-2020)

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Power Relations: UniWind Conference 2021

wellbeing project

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)

BACKGROU Ζ

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

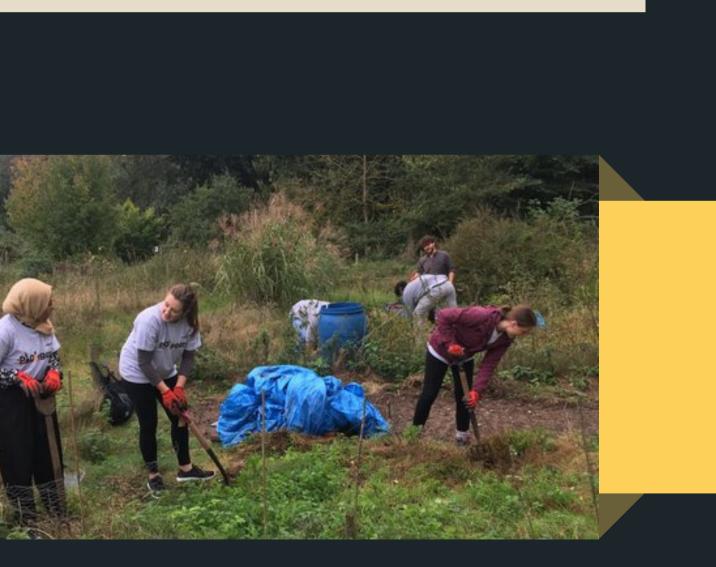


WALK AND TALK Topics to discuss or simply walk and talk around campus

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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