

AGEING: THE GOLDEN OPPORTUNITY

50th
AAG
CONFERENCE

08–10 NOVEMBER 2017

CROWN PERTH, WESTERN AUSTRALIA

MAINTAINING A WORK- LIFE BALANCE AS A RESEARCHER

WORKSHOP HOSTED BY

Emerging Researchers in Ageing (ERA)
in partnership with AAG's Student and
Early Career Group (SECG)

PRESENTED BY

Dr Natasha Ayers
iPREP WA Coordinator

Completing a research project successfully requires strong project management skills to help you set realistic goals and achievable milestones. Being a productive researcher requires strategies to manage your time effectively and the ability to be focused and mindful. By being more efficient with our work time we can achieve a better work/life balance.

This session will offer practical strategies to help you develop a robust project management plan for your research project. Ideas will be shared on strategies to organise your research projects, manage the endless emails and become a more mindful researcher to maximise your productivity and enjoy life more.

Key Learning objectives:

1. Recognise the importance of mindfulness to be a more productive and efficient researcher
2. Articulate your personal and career goals
3. Define SMART (specific, measureable, achievable, realistic, timely) goals for your research project
4. Identify key stakeholders in your project and develop a communication plan
5. Develop a project timeline to track major tasks, milestones and deadlines for your research project, with contingency strategies



Tuesday, 7 November, 2017



1:15pm to 3:15pm



Crown Convention Centre Perth
Great Eastern Hwy
Burswood WA 6100



FREE

To book please visit www.aagconference.asn.au

