

Springboard for Women programme (internally facilitated by RPDT)

- "I have recognised patterns in my own behaviour and also on someone else's behaviour so that I do not react as I would have before."
- "It gave me the push to be quite assertive about a couple of issues in the department - one of which will have a significant impact on me carving out a career for myself in that department."
- "Started playing in the Uni Symphony Orchestra. More assertive with superiors. Begun application process for EU Marie Curie grant. Participated in starting up a new science in Policy group." VIDEO: <http://www.youtube.com/watch?v=RqQPxweRc0M>

Sheffield University GRAD school (internally facilitated by RPDT, within external Director)

- "I now feel confident that I will complete my PhD on time and be able to apply for jobs with more insight."
- "I loved working with and meeting researchers from different disciplines."

Fellowship & grant writing support group (internally facilitated by RPDT alongside TUoS academics)

- "Strength of the group: Heterogeneity of research fields and of personal experiences."
- "Developed a better awareness of who I am and where I am in terms of career with compared to what is required to apply for fellowships."
- "Being able to meet with people in a similar position to yourself and discuss things they were doing to improve their applications." VIDEO: <http://www.youtube.com/watch?v=W0ZqWbR5P2Y>

Managing Your Career (external facilitator from Penny Clarke Consulting Ltd)

- "I gained - Clarity: understanding what I want to achieve. Structure: ways to plan and implement career progression. Confidence: belief that I can achieve my plan."
- "Hearing other people in different areas but same position/situation with new points of view and solutions brought insight and alternatives."

Sheffield Undergraduate Research Experience (SURE) (designed and delivered by RPDT)

- "It was a good opportunity to get experience of supervision and to do work I wouldn't have done otherwise."
- "Everything is micro focussed so you can see the whole process. You get to see a project from start to finish. Very different from anything else I have done."

Making the most of your postdoc induction (internally facilitated by RPDT)

- "Surprisingly, I have found confidence. I think the tools to start the development of my Postdoc are there and I have had the opportunity of discovering it through the session."
- "Planning my career and setting future goals. Developing skills and networking."

Effective Researcher (external facilitator from Kingswood Plus & based on Vitae materials)

- "Step back from the routine and get some perspective, structure some ideas/thoughts getting accessible models."
- "I have gained SO much in terms of tips to be effective both in terms of project and people management."

First Grants workshop (internally facilitated by RPDT alongside TUoS academics)

- "The most interesting part for me was learning about how panels work and how they analyze and process the grant proposals."
- "The advice from Prof S was invaluable."

Mock interview panels (internally facilitated by RPDT supported by TUoS academics)

- "The mock interview was a great help in preparing me for the ARUK interview. The interviews were similar in format and there were some very similar questions asked. I would strongly recommend candidates who are preparing for research interviews to go through this process."