



Making time for research

If only there were more hours in the day! Wouldn't life be better if you were more efficient? More productive? And less stressed? In this half-day workshop we'll look at ways to make the best use of your time in order to improve your productivity and achieve a greater work-life balance..

During this workshop you will:

- Look honestly at how you manage your time for research
- Identify time stealers and learn how to manage interruptions
- Learn tools and techniques for planning and prioritization

This is a half-day workshop suitable for early career researchers

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