



The Daphne Jackson Trust

TRAINING COURSES FOR DAPHNE JACKSON FELLOWS

The Trust 'in-house' courses are tailor-made for Daphne Jackson Fellows.

Every Fellow should have attended each course by the completion of their Fellowship

Trust courses are day courses and can contribute to the 100 hours per year retraining Fellowship requirement

Travel to and from Trust courses may be claimed from the Extraordinary Expense account

Courses are put together by professional trainers

Course attendance is particularly beneficial for participants because of the opportunity to network with other Fellows from different scientific backgrounds who are on a similar career path.

Four courses are run each year:

- **Work Life Balance**

Research is just one of the things you do. This course will provide strategies to be more effective in your work; strategies to balance the demands of work with other parts of your life and actions that can make a difference to your work and life.

- **Presentation Skills**

Get your message across. Feel more confident. Connect with your audience. Make an impact so your audience wants to listen. Enliven your presentation. This course will show how to unpack a complicated idea and make it accessible.

- **Media and PR Skills**

The aim is to demystify the journalism process, explain what journalists want from scientists for different media as well as how to give a good radio interview and provide print quotes. All training will focus on presentation, communication skills and content, with an informal style so as to encourage confident and effective communication with journalists in the future.

- **Professional Skills**

Get that job - Job searches, job applications, CV presentation.

Get that funding - writing successful applications

Details of course dates and venues will be circulated to all Fellows well in advance.

www.daphnejackson.org

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