RESEARCHER TRAINING AND DEVELOPMENT OPPORTUNITIES

MPLS Division Hilary Term 2026

MPLS RESEARCHER TRAINING CONTACTS

Dr Justin Hutchence FHEA he/him
Researcher Training &
Development Manager
e: justin.hutchence@mpls.ox.ac.uk
t: +44 (0)1865 282622

Louisa Trevail she/her
Programme Manager MPLS
Enterprising Women
t: louisa.trevail@mpls.ox.ac.uk

James Cunning he/him
Divisional Training Coordinator
e: james.cunning@mpls.ox.ac.uk
t: +44 (0)1865 282589

Hannah Ravenswood they/she
Equality, Diversity and Inclusion
Facilitator-Training and Development
e: hannah.ravenswood@mpls.ox.ac.uk

Sally Charles FHEA, FEEUK
Enterprise Programme Manager
e: sally.charles@mpls.ox.ac.uk
t: + 44 (0) 1865 282591

Dr Catherine Seed she/her
Researcher Training and
Development Officer
e: catherine.seed@mpls.ox.ac.uk
t: +44 (0) 1865 282088

Alison Trinder she/her
Researcher Training and
Development Adviser
e: alison.trinder@mpls.ox.ac.uk

Dr Karen Brayshaw she/her
Project Officer Mentoring
and Communications
e: karen.brayshaw@mpls.ox.ac.uk
t: +44 (0) 1865 282536

HOW TO BOOK

Researcher Training & Development Courses
Our courses this term are a mixture of online and in person.

- Click on the course titles in the online brochure which will take you to the course booking page.

- Visit www.mpls.ox.ac.uk/training and click on 'Course Bookings', which is a list of all upcoming courses sorted by date.

Most of our courses are booked via the Cosy booking system, but some may require application forms and / or deposits.

ED&I TRAINING PROGRAMME

Equality, diversity and inclusion courses take place online and are bookable via the ED&I web site.

https://www.mpls.ox.ac.uk/equality-diversity-and-inclusion-in-mpls/mpls-ed-i-training-programme

ADDITIONAL RESOURCES

We also have a range of self-access online resources for DPhil students and research staff.

https://www.mpls.ox.ac.uk/training/resources-for-researcher-and-career-development

BROCHURE KEY

RS: research staff, post-docs or early career researchers.

DPhil: DPhil students or post-graduate researchers.

All: All researchers.

👤 *In Person* 🖥 *Online*

THE COVER

This term's brochure cover has been inspired by Hannah Lemon's DPhil research, at the Department of Biology, into how Red deer form friendships on the Isle of Rum, using a unique 50-year study and cutting-edge social network analysis.

All photography by John Cairns Photography

Disclaimer: some courses may be changed from their advertised setting due to unforeseen circumstances.

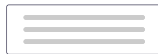# MPLS Training and Development 2024/25 Academic Year

Course Attendances*

2,019

staff and students from any division

Course Offered

119

Average Course Rating

86%

Participant Quotes

"THIS COURSE HELPED ME VIEW THE VIVA AS A POSITIVE EXPERIENCE."

Participant, Viva Practice and Preparation

"I APPRECIATE ALL OF THE DIFFERENT STRATEGIES AND A BETTER COMPREHENSION OF THE ... ISSUES BEHIND SOME ASPECTS."

Participant, Time Management

"THE INSIGHTS AND STRATEGIES SHARED IN THE COURSE WERE INCREDIBLY VALUABLE, ESPECIALLY THE PRACTICAL EXAMPLES AND PROJECT EXERCISES."

Participant, Project Management: The Essentials

"A PHENOMENAL PROGRAMME THAT ALLOWED ME TO ESTABLISH CONNECTIONS... AND EXPLORE DIFFERENT CAREER PATHWAYS."

DPhil, SeedWISE

"I FEEL THAT MANY THINGS HAVE BEEN DEMYSTIFIED ABOUT THIS WORK, SO MANY THANKS."

Participant, Podcast Your Science

"RISINGWISE HAS BROADENED MY PERSPECTIVE AND SPARKED MY IMAGINATION ABOUT FUTURE POSSIBILITIES."

Participant, RisingWISE

OPTIMISE YOUR TIME AT OXFORD - RESEARCH STAFF INDUCTION 🏃

Wed 14th Jan 12.00-14.00

Congratulations, you have got a research post at Oxford. But, what next? How do you manage your time at Oxford? This session looks at what being a post-doc means, what the opportunities and constraints are. It outlines the support available to help you make the most of your time at the University. You will hear from the Careers Service, Research Services, the Oxford Research Staff Society, and about Public Engagement & Impact, Research Integrity and Enterprise.

All

AN INTRODUCTION TO EDI 💻

Tue 20th Jan 10.30-11.30

Explore the fundamentals of Equality, Diversity and Inclusion (EDI) and why they matter in research and academic environments. This interactive session will help participants understand the principles behind EDI, its impact on individuals and institutions, and practical ways to foster an inclusive culture for staff and students.

All

SCIENTIFIC WRITING: CORE SKILLS 👤

Wed 21st Jan 9.30-17.00

This one-day course provides a sound grounding in the core skills needed to produce accurate and effective scientific writing. The course will include:

- Critique of readability in relevant papers.

- Use of tenses in academic papers.

- Writing with impact.

- Concise writing.

- Grammar and proofreading.

- Scientific table and chart technique.

All

INTERVIEWING FOR PODCASTS 🖥

Thurs 22nd Jan 9.30-12.30

You are behind the mic, ready to record your first podcast ... but wait! What do you ask? This hands-on training session helps you navigate the world of podcast interviews. The session will cover preparing for interviews, creating a question line, finding your authentic voice and active listening.

Participants will be paired up and asked to conduct short interviews with a fellow participant which will be recorded over Zoom. As a group we'll listen back to them and workshop the interviews for constructive feedback.

All

RESPONSIBLE RESEARCH AND INNOVATION (RRI)

Mon 26th Jan 9.30-17.00

The aim of the course is to enable researchers to adopt a responsible approach when considering the positive and negative aspects of their research, including the moral, ethical and societal impacts of it.

We will discuss a variety of case studies to understand responsible research and innovation principles and practice and plan our research according to ethical and professional standards, avoiding and mitigating the risks of negative impacts.

IMPORTANT: Pre-course work: please note that you will need to complete the online core Responsible Research and Innovation course before attending this face-to-face session.

All

ADVANCED PRESENTATIONS SKILLS

Tue 27th Jan 9.30-12.30

You will learn how to read a group, deal with difficult situations, use humour, match your presentation to the audience, and make impact. You will learn how to get your message across, so it is remembered. You will learn about timing and when you should deliver key messages. You will develop your self-awareness and understand its role in presenting.

DPhil

YOUR SUCCESSFUL DPHIL

Tue 27th Jan 9.30-12.30

This session will set you up to make a success of your DPhil. It will familiarise you with university structures, information and resources, and get you thinking about how best to set yourself up now for a successful DPhil.

You'll find out about:

- The context of your DPhil and the support available to you.

- How to take control, assess your skills and develop them further.

- How to approach your supervisory relationship.

- How to plan and manage your DPhil project.

All

AN INTRODUCTION TO ANTI-RACIST ALLYSHIP 🖥

Tue 27th Jan 10.00-11.30

In this session we will explore key concepts of anti-racist allyship, including white privilege and white fragility. Through guided reflection and discussion, participants will deepen their understanding of systemic racism and gain practical tools to support equity and inclusion. Open to all staff and students seeking to grow as confident, informed anti-racist allies.

DPhil

THREE MINUTE THESIS (3MT) TRAINING 👤

Wed 28th Jan 10.00-12.00

The Three Minute Thesis competition challenges doctoral candidates to present a compelling spoken presentation on their research topic and its significance in just three minutes to a non-specialist audience. This course helps you prepare for the competition and ensure that you have the best chance possible to represent Oxford nationally.

All

MANAGING DIFFICULT SITUATIONS 👤

Thurs 29th Jan 9.30-12.30

From time to time we all face difficult situations, or behaviour in others that we find difficult. This session will cover the factors that underlie these situations and provide a set of skills for managing the difficult conversation that needs to be had.

All

PODCAST YOUR SCIENCE 🖥

Thurs 29th Jan 9.30-12.30

Led by journalist Emily Elias, this hands-on course teaches Oxford researchers to plan, record, and edit engaging science podcasts. Participants learn storytelling techniques, audio editing, and how to share their work with wider audiences, gaining practical skills to communicate complex research through compelling, accessible audio content.

All

GROW: RAPID DESIGN THINKING USING AI 🔥

Tue 3rd Feb **12.00-14.00**

Discover how to combine creative problem-solving with AI-powered tools in this fast-paced, hands-on workshop. You'll learn the essentials of Design Thinking, practice defining real-world challenges, and explore how AI can accelerate ideation and solution development. Bring a problem from your research area—or use one we provide—and collaborate with peers to generate innovative ideas.

All

GET THAT GRANT 🧍

Wed 4th Feb 9.30-12.30

External research funding is a crucial part of the research profile of universities and is a major issue for academic staff. The key factors in developing successful proposals will be identified as will the requirements of specific research councils. You will hear advice and tips from an experienced grant winner from an MPLS department.

All

SCI-COMM SKILLS LAB 🧍

Thurs 5th Feb 10.00-16.00

Learn how to turn complex research into clear, engaging stories that connect with any audience. This interactive workshop covers practical techniques for shaping your message, avoiding jargon, and using visuals and analogies to make ideas stick. Perfect for researchers looking to communicate with impact at events, in the media, or online.

HOW TO DO A CAREER DEVELOPMENT REVIEW FOR REVIEWERS 👥
Wed 11th Feb 9.30-11.00

Regular meaningful Career Development Reviews are an important part of developing a positive research culture. This session looks at the way in which we can have useful conversations in career development reviews. It examines the blockages to such conversations and how we can overcome them using active listening and coaching techniques. There will be an opportunity to discuss the policy and process surrounding CDRS.

All

ACADEMIC WRITING WITH AI 💻
9th, 16th, 23rd of Feb & 2nd Mar
All sessions from 10.00 to 12.00

Unlock the potential of AI to enhance your academic writing with this new course offered by the University of Oxford's Language Centre. Designed specifically for Oxford MPLS students and staff, the Academic Writing with AI course provides a structured approach to effectively integrate AI tools at each stage of the writing process.

All

CULTIVATING RESILIENCE AND SELF-CARE FOR OURSELVES AND OTHERS 💻
Mon 9th Feb 10.30-11.30

This interactive session explores the meaning of resilience and self-care, offering practical strategies to strengthen wellbeing. Participants will learn tools to manage challenges effectively and support others in maintaining balance. Ideal for anyone seeking to build emotional strength and foster a supportive environment in academic and research settings.

All

ENGAGING WITH CONTROVERSIAL AND SENSITIVE TOPICS 💻
Thurs 12th Feb 13.00-15.30

In this interactive online session, Science Communicator Hana Ayoob will take us through the importance of engaging with these topics, aiming to equip researchers with the skills and knowledge to engage confidently in an empathetic and effective way.

ETHICAL DILEMMAS IN AUTHORSHIP, PUBLICATION AND PEER REVIEW 🧍
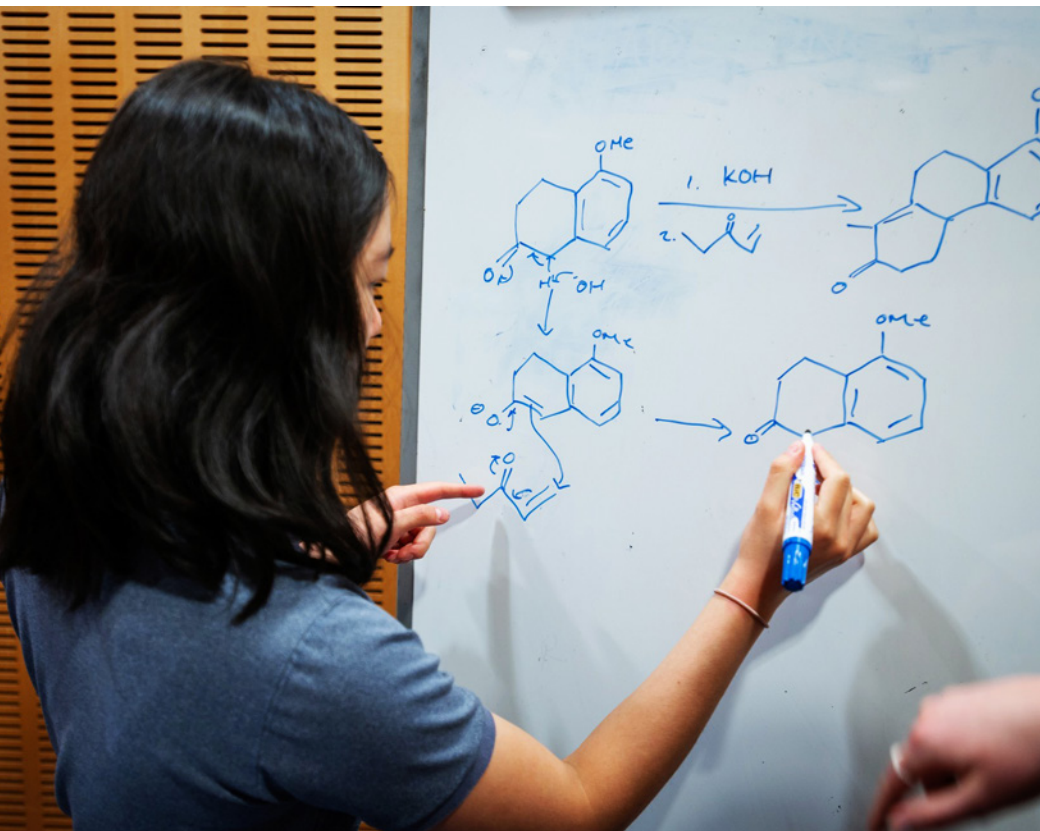
Tue 17th Feb 10.00-12.30

Explore the ethics behind research practice. This interactive workshop examines authorship, publication, and peer review through real-world dilemmas. Develop practical strategies for integrity, respectful dialogue, and sound decision-making.

All

STAKEHOLDER MAPPING FOR POLICY ENGAGEMENT 🧍

Tue 17th Feb 14.00-16.00

Using stakeholder analysis frameworks and interactive exercises, participants will learn to identify and categorise their relevant audiences across government agencies and other pertinent policy actors.

All

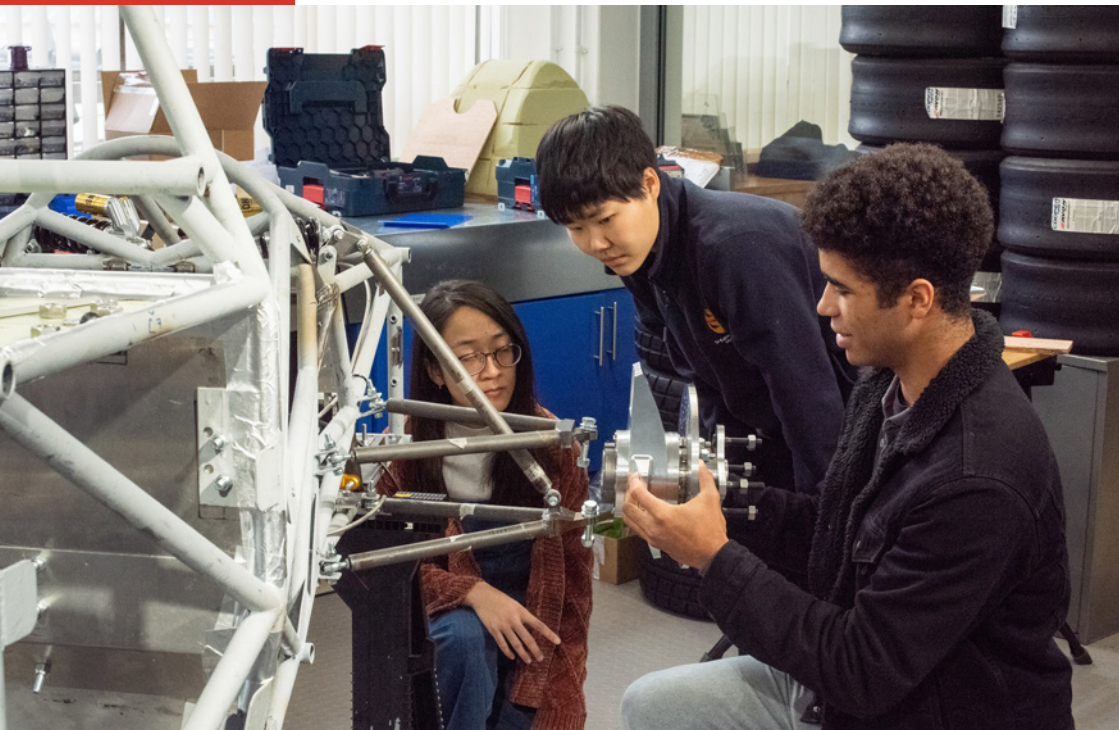# NEGOTIATION & INFLUENCING SKILLS 🧍

Wed 18th Feb 9.30-17.00

This workshop will explore the impact of our communication preferences on others when seeking to influence. By also understanding the thinking process that underlies people's decision making, we can use learnable skills to help people say 'yes' to us. The aim is always to influence others to the right decision, not just the decision we may want.

RS

HOW TO PREPARE FOR A CAREER DEVELOPMENT REVIEW FOR REVIEWEES 🧍

Thurs 19th Feb 9.30-11.00

This practical session helps research staff understand career challenges and opportunities at Oxford and beyond. Participants will learn to identify essential skills, explore strategies for development, and prepare for constructive Career Development Review conversations. The course offers guidance to support professional growth and enhance future career planning.

All

PROJECT MANAGEMENT: THE ESSENTIALS 👤

Thurs 19th Feb 9.30-16.00

During the course you will have the opportunity to manage a project. You will be able to apply the techniques you learn to a project that you bring along. Topics covered: project initiation, managing stakeholders and risk, time estimation, planning.

By the end of this session, you will understand more about:

- The importance of planning.

- The tools to make project management succeed.

- How to estimate the time a project will take realistically.

- The skills you need to be a good project manager.

All

AN INTRODUCTION TO NEURO-INCLUSION 💻

Mon 23rd Feb 10.30-12.00

We will look at what neuro-inclusion is, better understand some of the common challenges neurodivergent people face and identify some practical steps that will ultimately help to create a more inclusive environment.

All

GET THAT JOB 👤

Wed 25th Feb 9.30-13.00

An interactive workshop for DPhil and Postdoctoral researchers on making successful job applications. Topics will include presenting your CV, how to approach employers, writing covering letters and interview skills.

DPhil
YOU AND YOUR SUPERVISOR 👥
Wed 25th Feb 10.00-13.00

Join Dr Molly Grace for this course which will provide information and introduce strategies to enable you to develop an effective working relationship with your supervisor.

DPhil
THREE MINUTE THESIS (3MT) TRAINING 👥
Thurs 26th Feb 10.00-12.00

The Three Minute Thesis competition challenges doctoral candidates to present a compelling spoken presentation on their research topic and its significance in just three minutes to a non-specialist audience. This course helps you prepare for the competition and ensure that you have the best chance possible to represent Oxford nationally.

All
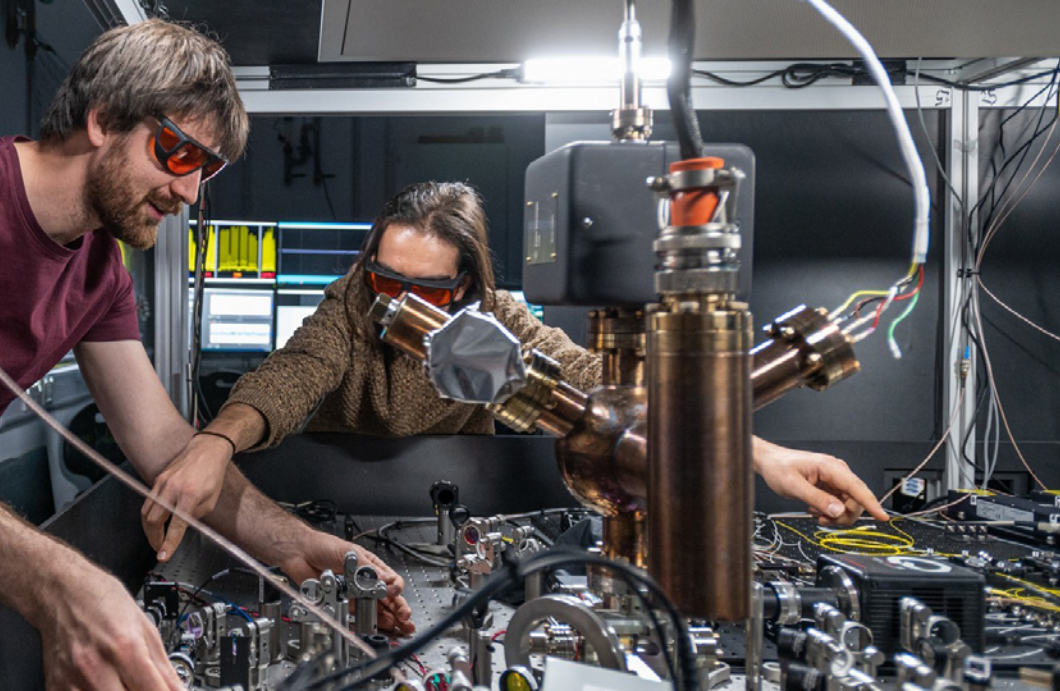## SCIENTIFIC WRITING: CORE SKILLS 👥
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This one-day course provides a sound grounding in the core skills needed to produce accurate and effective scientific writing. The course will include:

• Critique of readability in relevant papers.

• Use of tenses in academic papers.

• Writing with impact.

• Concise writing.

• Grammar and proofreading.

• Scientific table and chart technique.

All
AN INTRODUCTION TO EDI 🖥
Tue 3rd Mar 10.30-11.30

This interactive session explores the fundamentals of Equality, Diversity, and Inclusion (EDI), highlighting why these principles matter in academic and research environments. Participants will gain insight into the benefits of fostering inclusive practices and learn how EDI contributes to a positive, respectful culture for staff and students across all disciplines.

All
GETTING STARTED IN PUBLIC AND COMMUNITY ENGAGEMENT WITH RESEARCH 🖥
Thurs 5th Mar 16.00-17.00

This online session introduces public engagement with research, exploring its purpose, benefits, and diverse approaches. Led by Dr Catherine Seed, it's ideal for DPhil students and research staff new to engagement. Participants gain insights, practical tips, and awareness of local and national opportunities to begin their public engagement journey.

RS

THRIVING IN RESEARCH: CORE SKILLS AND MINDSETS FOR RESEARCH IMPACT ⚇

Tue 10th Mar 10.00-15.00

The way we work and interact with our peers and wider networks, has a huge influence on research outputs and outcomes. This workshop explores a set of core skills and mindsets to help you thrive in research and positively influence your working environment and teams. You will also be able to share your lived experience with peers and participate in focused discussions.

All

GET THAT FELLOWSHIP ⚇

Wed 11th Mar 9.30-12.30

This session explores how to successfully apply for research fellowships, including required experience, the application process, and navigating University systems. You'll hear from a fellowship holder and have the chance to practice interview skills for fellowship applications.

All

GROW: BUILDING SOCIAL VENTURES, LESSONS FROM OXFORD UNIVERSITY INNOVATION 🖥

Wed 11th Mar *12.30-14.00*

Join Philippa Christoforou, Social Venture Lead at Oxford University Innovation, for an inspiring GROW session on building businesses that create positive social and environmental impact. Discover practical strategies for turning research into ventures that tackle global challenges and learn how to embed purpose and sustainability into your entrepreneurial journey.

DPhil

DPHIL BOOTCAMP: BUILDING HEALTHY, PRODUCTIVE HABITS 👤

Tue 17th Mar *9.30-15.30*

The MPLS DPhil Bootcamp is a one-day workshop that helps new doctoral students build sustainable habits to support their research and their future careers. Through practical sessions and expert insights, participants learn strategies for resilience, productivity, and making the most of Oxford's opportunities.

RS

HOW TO PEER REVIEW JOURNAL PAPERS 👤

Tue 17th Mar 14.00-17.00

The ability to review manuscripts should be a core skill of every research scientist. By participating in exercises and discussions the attendees will learn how to review manuscripts quickly and effectively.

All

TIME MANAGEMENT 🖥

Wed 18th Mar 10.00-12.00

An essential skill for researchers. Issues covered will include work-life balance, planning, prioritising, the need to differentiate between importance and urgency, and using a range of strategies and time- saving ideas.

DPhil

VIVA PREPARATION AND PRACTICE 👤

Thurs 19th Mar 10.00-13.00

This participative workshop provides doctoral students in the third year and above with information about the viva, guidance on planning a pro-active approach to it, and opportunities to practice. The course will look at the rules and expectations of the viva exam and identify and practise practical ways to prepare.

All

TELLING STORIES THAT MATTER: COMMUNICATING YOUR RESEARCH THROUGH STORY 👤

Thurs 19th Mar 10.00-16.00

Enhance your scientific communication in this dynamic course led by storyteller Robert Holtom. Learn to craft compelling narratives using character, conflict, metaphor, and structure to engage diverse audiences—from the public to funders—and make your research resonate with clarity, emotion, and impact.

All

COACHING SKILLS FOR LEADERS 👤

Wed 25th Mar 9.30-13.00

This workshop will introduce key coaching concepts, approaches and skills. We will explore when and how coaching skills can be used to support effective leadership and management practice. Participants will take part in a practice coaching conversation using real-life examples, topics and challenges.

DPhil

COMPLETING YOUR DPHIL 👤

Thurs 26th Mar 9.30-12.30

The session will cover:

- What makes a good DPhil.

- Planning to write up your DPhil. structure, content and what makes good writing.

- What the viva will explore.

- What the examiners are asked to consider.

- Time Management, FAQs and Q&A.

MPLS TIMETABLE HILARY TERM

DATE	TIME	COURSE TITLE	TYPE	FOR
14th Jan 26	12.00-14.00	Optimise Your Time at Oxford - Research Staff Induction	In Person	RS
20th Jan 26	10.30-11.30	An introduction to EDI	Online	All
21st Jan 26	09.30-17.00	Scientific Writing: Core Skills	In Person	All
22nd Jan 26	09.30-12.30	Interviewing for Podcasts	Online	All
26th Jan 26	09.30 - 17.00	Responsible Research and Innovation (RRI)	In Person	All
27th Jan 26	09.30-12.30	Advanced Presentations Skills	In Person	All
27th Jan 26	09.30-12.30	Your Successful DPhil	Online	DPhil
27th Jan 26	10.00-11.30	An introduction to anti-racist allyship	Online	All
28th Jan 26	10.00-12.00	3MT Training	In Person	DPhil
29th Jan 26	09.30-12.30	Podcast your Science	Online	All
29th Jan 26	09.30-12.30	Managing Difficult Situations	In Person	All
3rd Feb 26	12.00-14.00	GROW: Rapid Design Thinking using AI	In Person	All
4th Feb 26	09.30-12.30	Get that Grant	In Person	All
5th Feb 26	10.00-16.00	Sci-Comm Skills Lab	In Person	All
9th Feb 26	10.00-12.00	Academic Writing with AI (delivered by the Language Centre) - Session 1	Online	All
9th Feb 26	10.30-11.30	Cultivating resilience and self-care for ourselves and others	Online	All
11th Feb 26	09.30-11.00	How to do a Career Development Review for reviewers	In Person	RS
12h Feb 26	13.00-15.30	Engaging with Controversial and Sensitive Topics	Online	All
16th Feb 26	10.00-12.00	Academic Writing with AI (delivered by the Language Centre) - Session 2	Online	All
17th Feb 26	14.00-16.00	Stakeholder Mapping for Policy Engagement	In Person	All
17th Feb 26	10.00-12.30	Ethical dilemmas in Authorship, Publication and Peer Review	In Person	All
18th Feb 26	09.30-17.00	Negotiation & Influencing Skills	In Person	All
19th Feb 26	09.30-11.00	How to prepare for a Career Development Review for reviewees	In Person	RS
19th Feb 26	09.30-16.00	Project Management: the essentials	In Person	All
23rd Feb 26	10.00-12.00	Academic Writing with AI (delivered by the Language Centre) - Session 3	Online	All
23rd Feb 26	10.30-12.00	An introduction to neuro-inclusion	Online	All
25rd Feb 26	09.30-13.00	Get that Job	In Person	All
25rd Feb 26	10.00-13.00	You and your supervisor	In Person	DPhil
26rd Feb 26	10.00-12.00	3MT Training	In Person	DPhil
2nd Mar 26	10.00-12.00	Academic Writing with AI (delivered by the Language Centre) - Session 4	Online	All
3rd Mar 26	09.30-17.00	Scientific Writing: Core Skills	In Person	All
3rd Mar 26	10.30-11.30	An introduction to EDI	Online	All
5th Mar 26	14.00-15.00	Getting Started in Public and Community Engagement with Research	Online	All
10th Mar 26	10.00-15.00	Thriving in Research: core skills and mindsets for research impact	In Person	All
11th Mar 26	09.30-12.30	Get that Fellowship	In Person / Online	All
11th Mar 26	12.30-14.00	GROW: Building Social Ventures: Lessons from Oxford University Innovation	Online	All
17th Mar 26	14.00-17.00	How to peer review journal papers	In Person	RS
17th Mar 26	09.30-15.30	DPhil Bootcamp: Building healthy, productive habits	In Person	DPhil
18th Mar 26	10.00-12.00	Time Management	Online	All
19th Mar 26	10.00-13.00	Viva Preparation and Practice	In Person	DPhil
19th Mar 26	10.00-16.00	Telling Stories that Matter: Communicating your research through story	In Person	All
25th Mar 26	09.30-13.00	Coaching Skills for Leaders	In Person	All
26th Mar 26	09.30-12.30	Completing your DPhil	In Person	DPhil

KEY
RS: research staff, post-docs or early career researchers.
DPhil: DPhil students or post-graduate researchers. **All:** All researchers.

In Person   Online