

## 22nd STFC Nuclear Physics Summer School



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# Leading Yourself and Others for Wellbeing

*Friday 23 August 2024 14:00 (2 hours)*

As part of the summer school we will spend some time exploring how to effectively lead yourself and others to enable wellbeing.

Within the tutorial and the workshop we will explore:

- What are the characteristics and traits of effective research leaders
- How different styles of leadership can have different impacts in terms of wellbeing –both on those who are being led and the leader
- What does effective research collaboration look like in terms of supporting your own and others well-being
- Approaches to develop your individual resilience as a researcher and how you can support others with their resilience

The workshop will be delivered by Dr Robin Henderson ([www.myconsultants.net](http://www.myconsultants.net) [myconsultants.net]) who has worked extensively with researchers in supporting leadership thinking and creating effective and inclusive research environments.

**Presenter:** HENDERSON, Robin

**Track Classification:** Researcher Development