

**Wellbeing Training Programme for Researchers 2025 (WeRe 2025)**

**What is the Wellbeing Training Programme?**

We are offering a tailored programme aimed at research and academic colleagues who are interested in equipping themselves with wellbeing skills and tools to enable them to reduce stress, improve wellbeing and strengthen healthy performance to mitigate mental illness for better career success

Participants will be invited to an initial programme introduction, which will then be followed by three sessions focused on developing wellbeing knowledge and skills. These will be delivered online via zoom as outline in the table below.

**Who I am?**

I am Cecilia Busari a psychiatrist with extensive clinical and research experience who has been involved in training workshops for practitioners, peer reviewed publications and co-authored reports for NHS trust and Humankind Charity Organisation on mental health issues that have been of great impact to the United Kingdom. Also, I am a Lecturer and Doctoral candidate at Leeds Beckett University whose research focuses on Child and Adolescent Mental Health.

**Who is the programme designed for?**

In recent times, emerging evidence showed that there is an increasing rate of poor wellbeing in postgraduate researchers (PGRs) which has a substantial impact on life satisfaction and career development. This programme addresses the aim of the NIHR Mental Health Research Incubator to increase capacity in mental health research through support activities, find out more on our webpage : <https://mentalhealthresearch.org.uk/>

**Please note all participants are required to attend all the module dates below.**

**APPLICATION AND ATTENDANCE IS FREE**

**What will the programme cover?**

This practical and interactive programme will be delivered online via zoom. There are no assignments/assessments as part of the programme. The programme aims to cover

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| **Day 1(Friday 6th June 2025)**  **Time:10-11:30am**  Welcoming and introduction of participants. Understanding their knowledge of wellbeing and stress. |
| **Day 2 (Friday 20th June 2025)**  **Time:10-11:30am**  Delivering presentation on wellbeing skills and tools (like wellbeing calendars /diary) they can use to improve their wellbeing and applying them within small group discussions (breakout rooms) |
| **Day 3 (Friday 4th July 2025)**  **Time:10-11:30am**  Delivering presentation on of coaching conversations that can be used for behavioural change. |
| **Day 4 (Friday 18th July 2025)**  **Time:10-11:30am**  Practicing various wellbeing skills and getting feedback and closing of workshop. |

**How do I apply?**

To be considered, you will need to submit a supporting statement (maximum 500 words) setting out your rationale for attending the programme, including:

1. The reason why you want to attend the programme.
2. Your learning objectives and how you will transfer your learning into your career to achieve better success.
3. Your commitment to completing the programme and probably becoming a wellbeing champion for your institution.

The statement should be supported by your manager/supervisor attestation.

**All applications will need to be submitted by Friday 30th May 2025 and will be reviewed by the workshop team. Applications will be assessed on a rolling basis**.

For further information, please contact [C.Busari@leedsbeckett.ac.uk](mailto:C.Busari@leedsbeckett.ac.uk)

**Participant 1.0**

|  |  |
| --- | --- |
| **Name** |  |
| **Institution & school/department** |  |
| **Job title/ role** |  |

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| **Wellbeing Training Programme supporting Statement** |

By signing the form below you are confirming that you are available on the programmes dates and will endeavour to attend.

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| Participant’s Signature: | Date: |

By signing the form below, you are confirming that you are supportive of the participant’s application, including playing an active role in supporting them to maintain their commitment to the programme.

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| Designated Manager’s/Supervisor Name and Signature | Date: |

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