**PGCAP workshops**

**Academia and enterprise**

*Impact on my practice*: This workshop provided an overview of the concept of enterprise, how this is embedded in Loughborough’s culture, and on ways to integrate this within research and teaching practice. By the time I attended this course, I had already developed a sound enterprise base as part of my research (e.g. industry partnerships) and teaching (e.g. introduction of enterprising activities as apart of my teaching), and so the workshop consolidated my knowledge of the support available at Loughborough to facilitate engagement with industry (e.g. through LUEL).

**Developing your publication strategy**

*Impact on my practice*: This workshop provided an overview of how to develop an effective publication strategy, especially in the context of dissemination and promotion of findings through impact activities. This has been particularly useful to develop a more structured approach to the pathways to impact of my grants.

**Fundamentals of PhD supervision**

*Impact on my practice*: This workshop provided a comprehensive overview of the practice of PhD supervision, covering all aspects of the research, supervisory relationship, and expectation management. The feedback provided by more experienced colleagues has been particularly useful in developing a more informed practice on how to approach some challenges I was facing with managing two very different PhD students.

**Making the most of your voice**

*Impact on my practice*: This workshop provided a hands-on session on how to optimize the use of voice during lectures. Particular attention was given to body language and delivery, and this was useful to appreciate some weaknesses in my delivery that I have since endeavoured to address (e.g. unnecessary movements during certain parts of my delivery).

**Planning for impact from your research**

*Impact on my practice*: This workshop provided an overview of how to develop an effective impact strategy, especially in the context of dissemination and promotion of findings through impact activities. Similarly, to other research workshops, this has been a useful session to develop a more structured approach to the pathways to impact of my grants.

**Working in the current research environment**

*Impact on my practice*: This workshop provided an overview of the landscape of research within the UK HE sector. A useful session to better understand requirements in terms of research concordats for research integrity, early career and public engagement, impact from research, open access publishing, research data management, research outcomes, all of which are supporting my development of more informed research bids.

**Writing successful research grant proposal**

*Impact on my practice*: This workshop was delivered by an established researcher and provided an overview of the writing phase of grants. Extremely useful to receive a grant toolkit collated by the speaker, which I have since used as a guide to develop UKRC grant proposals.

**Supervising undergraduate and masters projects**

*Impact on my practice*: This workshop provided a comprehensive overview of the practice of project supervision at BSc and MSc level. The feedback provided by more experienced colleagues has been particularly useful to develop a more effective supervisory strategy, particularly at an undergraduate level. This has been particularly beneficial for me to ensure a better time and expectation management of my students.