



Department of
Clinical
Physics &
Bioengineering



Leadership Self Management

Prof Andrew J Reilly

Scientific Director

Department of Clinical Physics & Bioengineering

NHS Greater Glasgow & Clyde

Andrew.Reilly@ggc.scot.nhs.uk

Delivering better health

www.nhsggc.org.uk

5 years is a long time...

Need to keep focused on the task!

Start a family

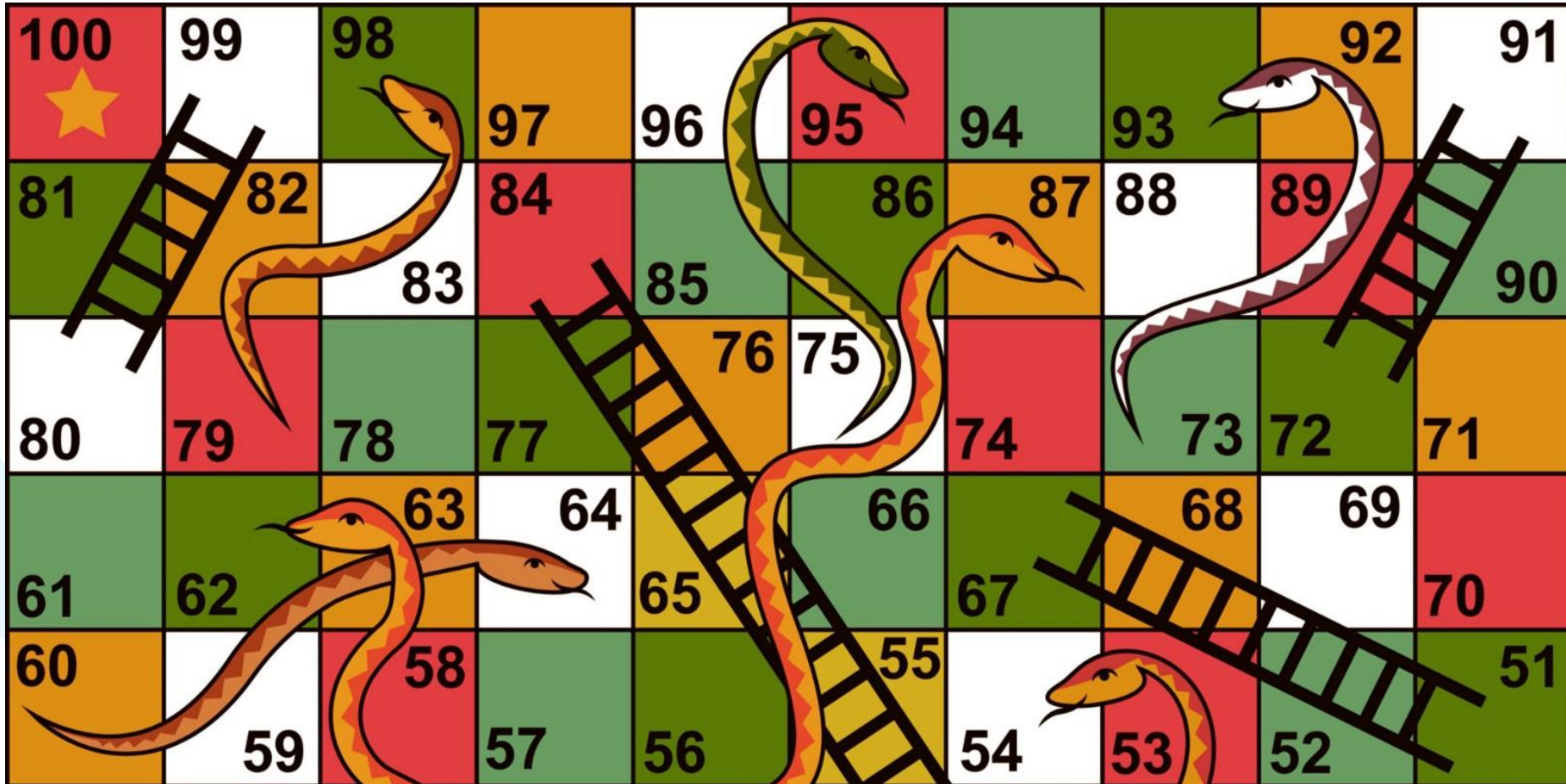
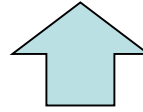
New job

Carer
responsibilities

New boss

Life happens – need to be resilient

Learn what's important to you



Remember, this is not HSST

Standards of Proficiency for Higher Specialist Scientists

July 2015

Version 1.0

Review date: 31 July 2020

Doc ref #041

But don't completely
forget HSST, or where
the programme came
from...

MPE, RPA
Management training
PhD

Our Standards of Proficiency cover the five domains of *Good Scientific Practice* as interpreted at HSS level:

1. Professional Practice
2. Scientific Practice
3. Clinical Practice
4. Research, Development and Innovation
5. Clinical Leadership

How To Get a PhD

A handbook for students and their supervisors

Estelle M. Phillips and Derek S. Pugh



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Phillips, E. M., & Pugh, D. S. (2010). How to get a PhD: A handbook for students and their supervisors. ProQuest Ebook Central. <http://ebookcentral.proquest.com>.
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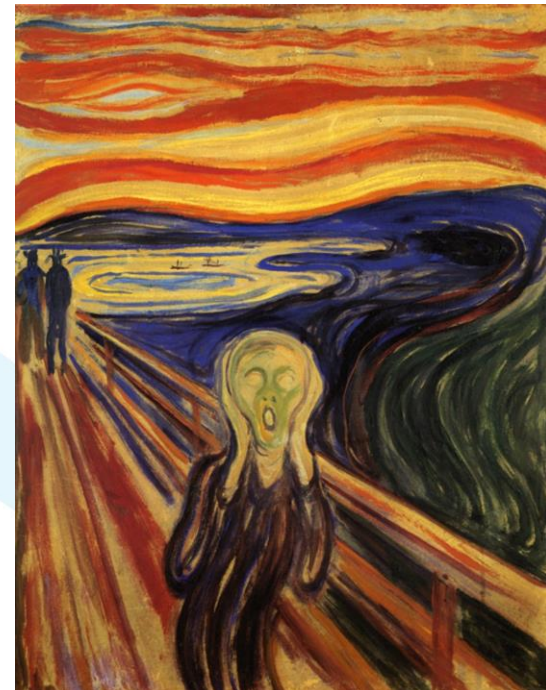
HOW TO MANAGE YOUR SUPERVISORS

Action summary

- 1 Be aware that you must accept the responsibility for managing the relationship between you and your supervisors. It is too important to be left to chance.
- 2 Ensure that you have a first supervisor and a second supervisor, rather than two supervisors with equal responsibility. Get assurances from your supervisors that they will maintain email, text or telephone contact with each other, and jointly meet with you once a term at a minimum.
- 3 Try to fulfil the expectations that supervisors have of their students. If you cannot fulfil any of these expectations do not neglect them, but raise the issues in discussion.
- 4 You need to educate your supervisors continually: first on the research topic, in which you are fast becoming the expert; second on ways of understanding how the supervisory role can best help in your own professional development.
- 5 Look for ways of reducing the communication barrier between you and your supervisory team. In addition to research content, discuss at various times working relationships, setting deadlines, what doing a PhD means to you, the adequacy of provision for research students, and so on.
- 6 Ensure that every time you leave a tutorial you have agreed and noted down a date for the next one. Be punctilious in

Care for Yourself and each other!

- Develop peer support bubbles – have a rant!
- Things will go wrong – you will upset people
- Pace yourself
- Learn your own limits and warning signs
- Know where to go for support



Be conscious of others

Your scientific peers not enrolled on the programme

Individuals in other disciplines (admin staff, managers, AHPs, etc.)

Take time to enjoy
the journey!