

# TAKE THE NEXT STEP

## BEGIN YOUR CAREER



Find opportunities in your Trust – approach your organisation's Research and Development (R&D) team and explore their current research projects. Identify **other relevant research organisations** (e.g. BRCs) that your Trust is connected with. Reconnect with tutors from your training.



Identify **potential training opportunities** (small or large) that could enhance your skills as a researcher. Professional bodies often offer small funding grants for career development, conference travel and more. Many ARCs and BRCs offer training to target different skills, including how to carry out PPI.



**Start to publish** - Familiarise yourself with the current literature. Publish a case report, share an opinion piece in the trust's newsletter or write a blog post. By establishing an enthusiasm for writing and publishing research, you can demonstrate active engagement within the field and gain valuable practice.

## BUILD YOUR CAREER



**Find funding (big or small)** using the Incubator's **Opportunities Update** page. Demonstrating that you are able to successfully secure money (big or small) signals to funders that you are capable of managing bigger projects and grants.



Strengthen your research design and grant writing skills with the **NIHR's Research Support Service**, which provides tailored and specialist feedback. Take advantage of our **writing retreats**, allowing you to step away from everyday demands for focus on your latest paper/fellowship application.



Build your network: use the **researcher map** to find others with similar or overlapping interests - and their associated institutions. Consider applying for a career development programme, such as **PeCo** or **GROW**, that includes targeted networking with other mental health researchers.