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## Passport to Research Futures

*A development programme for research staff*

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### Completer's Profile – Dr Ruth Bowness

I started the Passport to Research Futures a few years ago when I was a postdoctoral research assistant in the School of Medicine.

Since joining the university I have frequently taken advantage of the professional development courses offered by CAPOD and so when I heard about the PRF I thought it sounded really useful. The courses available offer the chance to learn new techniques and strategies to become a better researcher, and I thought the programme would support my career progression.

During the PRF I took many useful and thought-provoking courses. The session that I most enjoyed was the 'psychometric masterclass' as it taught me a lot about how I work as an individual and in a team. With my increased awareness, I have already improved my productivity and effectiveness in my research team.

Before I attended courses such as 'managing people in research teams' and 'recruitment and selection', I thought I wasn't at the right career stage for these to be useful. In fact I found the sessions to be very motivating and actually, I appreciate now that I took them at just the right time in my career as it means I will be prepared for these upcoming challenges.

Whilst completing the programme, there is also the added incentive of being able to obtain an ILM qualification for attending a few extra courses, which I think is a great addition to my CV.

I was recently awarded an MRC research fellowship to develop mathematical models to explore tuberculosis disease and treatment. I believe that the courses involved in the PRF certainly assisted me in securing this award; in particular the research funding courses were invaluable.