

# Postdoctoral Development Centre: activity report 2024-25

The aim of this report is to communicate the main initiatives and projects provided by the Postdoctoral Development Centre to postdocs and research staff at Queen’s over the academic year 2024-25. It also includes programmes run by other departments when they are highly relevant to this cohort and are advertised as core research staff provision on the PDC website. For transparency, we are including satisfaction elements such as attendance data, ratings and representative feedback when available.

The PDC’s objectives for each year are for the most part aligned to Queen’s institutional ‘[Researcher Development Concordat](#)’ action plan. This plan was developed in consultation with research staff and revealed in October 2024.

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## Key projects

Below are the main projects the PDC focused on for the academic year 2024-25. These include actions from our institutional [Researcher Development Concordat Action Plan](#), and priorities identified by research staff surveys or feedback. The PDC Representatives' Network ([list of current representatives](#)) was actively involved in shaping and delivering them.

### Expansion of the PDC's career development offering

In summer 2024, the PDC welcomed a new Research Careers and Employability Officer as part of the Research Culture NI project funded by Wellcome, working across Queen's University Belfast and Ulster University. This dedicated role has enhanced the career development support available to research staff across the University, reflecting the University's ongoing commitment to the Concordat to Support the Career Development of Researchers and to building a positive research culture.

Over 2024–25, this enhanced offering combined structured programmes with personalised guidance, ensuring that postdoctoral researchers could access support tailored to their individual needs and career ambitions.

Key highlights included:

- Six Career Exploration Interviews with guests from academia, industry, and beyond. Delivered as live podcast events and later released as part of the *Theory of the Postdoc Evolution Podcast* series (hosted on Spotify, Apple Music etc. and the PDC website), these sessions provided accessible and relevant career insights.
- Three new pilot workshops were delivered addressing critical career challenges relevant to the postdoctoral career stage:
  - Career Audit and Skills for the Future (delivered in-person and as a shorter, online format)
  - Overcoming Imposter Phenomenon (online)
  - Decision Making – Career Choices (in person)
- A flagship 'Careers in the Public Sector' event, connecting researchers and PhD students with government departments and civil service representatives was delivered. Participants valued the opportunity to network in small groups, ask direct questions, and gain practical insights into public sector career pathways.

The appointment of the Careers and Employability Officer also provided increased capacity within the PDC team to provide personalised career support, including:

- CV reviews, job application feedback, and tailored guidance
- Mock interview panels
- One-to-one career conversations supporting decision-making at key transition points.

Looking ahead, the PDC will continue to build on this momentum by embedding these workshops as regular features of the annual programme, as well as piloting new programmes based on feedback, and by expanding employer engagement to foster new partnerships with industry and organisations in other sectors.

*For full data on attendance, engagement, and participant feedback, please see [Career Workshops and Events](#).*

## **Exploring research staff usage of Career Development Days**

As part of the PDC's commitment to embedding the Career Development Day (CDD) policy and supporting research staff in meaningful professional and career development, a project was commenced in June 2025 to better understand how CDDs are being used across the University.

A survey circulated to all research staff received 83 responses, providing valuable insights into practice across the research community. Findings showed that research staff are using their CDDs for a wide range of activities. The most common included attending training courses at Queen's, engaging in teaching and supervision, contributing to committees or working groups, and organising academic events. Other frequently reported activities included mentoring schemes, external training courses, public engagement, and preparing fellowship or funding applications – all of which reflect recognised priorities in researcher development and career progression.

From these responses, eight case studies of good practice were identified. These will be published on the PDC website in early 2025–26 and integrated into existing guidance to provide practical examples, showcase the impact of development activities, and help normalise the use of CDDs across the University.

In parallel, the PDC developed a new workshop, *Preparing for your PDR for Research Staff*, which introduces the updated PDR form launched in 2024 and offers practical guidance on using it to plan, discuss and record CDD activity.

The insights gained from this project will inform future communications about CDDs and underpin ongoing work to embed a culture of career development in line with the Researcher Development Concordat.

## **Development of resources for line managers of research staff**

In 2025, the PDC began developing a new set of resources to support Principal Investigators (PIs) and other line managers of research staff at Queen's. This resource hub is designed to provide clear guidance on managing research teams effectively, outlining expectations across the research staff life cycle – from recruitment and induction through to career progression and staff transitions.

The resources bring together institutional policies, external frameworks, and practical tools, while also highlighting the importance of supporting personal and professional development and safeguarding researcher wellbeing. By consolidating this information in one accessible hub, the PDC aims to equip line managers with the knowledge and confidence to fulfil their responsibilities and to foster positive research cultures within their groups.

A draft of the resource hub was shared with the PDC Representatives' Network and with the Postdoctoral and Research Staff Oversight Group (PROG) in April 2025, ensuring the content reflects the needs and perspectives of both research and academic staff. Feedback from this consultation is now informing revisions ahead of a full launch in 2025–26, where the Hub is expected to strengthen consistency of practice and enhance the support available to research staff across the University.

## **Launch of the Postdoc Parents Network**

In 2025, the PDC established the Postdoc Parents Network, a new initiative designed to support postdoctoral researchers who are parents, are expecting a child, or are considering starting a family. The Network was created in response to feedback from postdocs who highlighted the challenges of balancing research careers with family life, including time pressures, career progression, and navigating institutional policies and support.

The Network provides a safe and supportive space for postdocs to share experiences, exchange practical advice, and build connections across disciplines. Its launch event in April 2025 brought together postdoctoral researchers, academic staff, and professional services colleagues for a panel discussion on the realities of pursuing an academic career while raising a family. The event was attended by 14 research staff and

was well received (rated 4.4/5 and all except one respondent would recommend a similar event to a colleague), underscoring both the value of peer support and the importance of recognising the diverse needs of researchers.

Since the launch, an MS Teams channel has been created to facilitate informal peer connections (which currently has 24 members), five Network Champions have been recruited to help shape activities, and a dedicated webpage has been created with an active blog featuring posts written by members.

Looking ahead, the PDC will continue to support the Parents Network through regular events and formal opportunities to meet, with the aim of encouraging informal peer support and building a sustainable community for parent researchers at Queen's.

## **Exploring the balance of local and central support for research staff**

In 2025, the PDC worked with the PDC Representatives' Network and the Postdoctoral and Research Staff Oversight Group (PROG) to review how training, development, and support for postdocs are best delivered across the University - locally, centrally, or through a blended approach.

Feedback highlighted that local support is most valuable for research- or field-specific activities such as technical training, seminars, away days, and networking with PhD students. Local events also help build community, though engagement remains challenging, particularly in off-campus or multi-site Schools.

Central support was seen as best suited for structured programmes including mentoring schemes, leadership training, wellbeing services, grant writing and fellowship development, and career workshops. Other initiatives best delivered centrally included support for the Postdoc Society and the consistent communication and promotion of opportunities.

Some areas require both levels of input: induction should combine a University welcome with local introductions, while grant writing training benefits from central expertise on funding calls alongside local disciplinary knowledge. Mentoring and career development were also recognised as overlapping areas of provision.

More broadly, representatives stressed the need for a single clear communication channel for opportunities and highlighted the importance of line manager support and strong PI-postdoc relationships in underpinning effective provision.

This consultation is now shaping how the PDC coordinates with Schools, Centres, and central services to ensure research staff have access to relevant, high-quality development opportunities while addressing barriers to engagement.

## Local Support Initiatives

Postdoc and academic representatives from the PDC Representatives' Network ([see membership](#)), and/or other volunteers such as Equality, Diversity and Inclusion representatives, have been involved in organising a range of activities locally. School/Centre representatives on the PDC Representatives' Network report regularly on the local initiatives available in their areas, which have been summarised below (not an exhaustive list and subject to change).

- Induction Processes (e.g. in SoNM, SoNBE, SoPsych, SoAEL, SoSSESW)
- Mentoring Programmes (e.g. SoNM, SoPsych, SoSSESW)
- Regular Postdoc Gatherings including coffee mornings, online catch ups, games nights, outings to sporting events (e.g. SoBS, WWIEM, PGJCCR, CPH, SoNM, SoNBE, SoPsych)
- Local 'Online' Community e.g. MS Teams for Postdocs (e.g. SoBS, WWIEM, SoNM, SoCCE, SoNBE, SoPsych)
- Opportunities to Present Research e.g. Seminars, Symposia (e.g. SoBS, WWIEM, PGJCCR, CPH, SoNM, SoNBE, SoPsych, SoAEL, SoSSESW)
- Career Development Support (e.g. SoBS, WWIEM, SoNM, SoPsych, SoSSESW)
- Grant Writing or Fellowship Support e.g. School-led 'Pathways to Independence' program, other workshops or seminars (e.g. WWIEM, PGJCCR, SoNM, SoPsych, SoSSESW)
- Research Skills Workshops including writing workshops, workshops about qualitative and quantitative methods, research impact etc. (WWIEM, SoNM, SoPsych, SoSSESW)



## Workshops and courses

### PDC workshops

The data below corresponds to 'core' workshops, organised by the PDC at least once a year. Other 'ad hoc' workshops are provided by a range of university departments but are not featured here. Two new programmes were piloted during the 24-25 period, including the '*UNlque Book Club for Women Researchers*' and '*Preparing for your PDR for Research Staff*' which will feature in the PDC's annual schedule of events going forward. In addition, a suite of new career development workshops and a range of career exploration events were developed and piloted during 24-25, more information about this can be found under [Career Workshops and Events](#).

Workshop	Attendees	Rating	Recommended by
<b>PDC New Postdoc Induction</b> (5 sessions: September & November 2024, January, March & July 2025)	59	4.5/5 (16 respondents)	94% (all except 1 respondent)
<b>Storytelling for Researchers</b> (September 2024)	26	4.9/5 (7 respondents)	100%
<b>UNlque Book Club for Women Researchers</b> (4 sessions across November & December 2024)	15	4.5/5 (6 respondents)	100%
<b>Supervising Skills for Assistant Supervisors &amp; Postdocs</b> (December 2024)	40	4.4/5 (10 respondents)	100%
<b>Time Management for Productive Work and a Happy Life</b> (January 2025)	8	5/5 (4 respondents)	100%



**Managing  
Challenging  
Conversations**

10

5/5  
(3 respondents)

100%

(Feb 2025)

**Lectureships: Ready,  
Set, Go!**

21

4.8/5  
(6 respondents)

100%

(March 2025)

**Engaged Research &  
Impact – Why are  
they important?**

8

5/5  
(2 respondents)

100%

(April 2025)

**Postdoctoral  
Leadership  
Programme**

20

4.6/5  
(16 respondents)

100%

(May & June 2025, 2-day  
programme)

**Applying for  
Fellowships:  
Networking with  
Successful Fellows**

25

4.9/5  
(13 respondents)

100%

(May 2025)

(PDC, OD & RD)

**Preparing for your  
PDR for Research  
Staff**

10

4.4/5  
(5 respondents)

100%

(August 2025)

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*This is the most helpful afternoon I have had since I joined... Clear,  
organised and pointing to what we need – thank you.*

*Participant, New Postdoc Induction, 2025*

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*As a result of taking part, I have made some definitive decisions about my own career. I know my own values, I have thought about other career options and their positives and negatives, and I have worked on my CV. I would never have otherwise taken the time away from my busy job to do these tasks. Finally, I feel much more confident in my own skills and abilities and that can't be bought!*

*Participant, UNlque Book Club for Women Researchers, 2024*

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*This is one of the most useful courses I have undertaken at QUB. Louise is an excellent presenter and had us all engaged over the 2 days, so expertly designed was the course. it was interesting, practical and inspiring. It should be mandatory for all staff members working as part of a team.*

*Participant, 'Postdoctoral Leadership Programme' 2025*

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*Thank you for a really excellent workshop! Alice and Lisa facilitated it so well, cultivating an informative and safe space where it felt like you could really critically reflect and share openly with others about the challenges of time management as a post-doc. I feel really encouraged and am so glad I attended! Especially enjoyed the stuff on boundaries and perceptions at the end. Thank you so much for a wide-ranging and massively useful workshop!*

*Participant, Time Management for Productive Work & a Happy Life,  
2025*

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## Career Workshops and Events

A Research Careers and Employability Officer joined the PDC team in summer 2024, significantly enhancing career support for research staff. During 2024–25, they led the development of a new suite of career workshops and exploration events, including the flagship Careers in the Public Sector event. Additionally, monthly Career Exploration Interviews were delivered online, recorded, and later released as episodes of the PDC's [The Theory of the Postdoc Evolution](#) podcast.

These enhanced career development opportunities are funded through the Wellcome-supported Research Culture NI project and as such workshops and events were also open to researchers from Ulster University, with some sessions attracting external participants. The Career Exploration Interviews and Careers in the Public Sector event were also made accessible to postgraduate researchers, supporting the broader research community. Attendance data, including UU and external participation, is summarised in the table below.

Workshop	Attendees	Rating	Recommended by
<b>Career Transition Interview (Lawrence Eagling)</b> (October 2024)	31 (10 UU, 3 external)	4.4/5 (5 respondents)	100%
<b>Career Exploration Interview (Vic Simms)</b> (November 2024)	38 (16 UU, 3 external)	4.9/5 (9 respondents)	100%
<b>Career Exploration Interview (Chris McCallum)</b> (December 2024)	27 (1 UU, 6 external)	4.9/5 (7 respondents)	100%
<b>Career Exploration Interview (Anthony Kavanagh)</b> (January 2025)	15 (4 UU)	5/5 (3 respondents)	100%
<b>Career Audit &amp; Skills for the Future (Workshop)</b> (January 2025)	6 (2 UU)	5/5 (2 respondents)	100%



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<b>Career Exploration Interview (Su Taylor)</b> (Feb 2025)	17 (3 UU)	4.9/5 (7 respondents)	100%
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<b>Overcoming Imposter Phenomenon (Workshop)</b> (March 2025)	23 (7 UU)	4.9/5 (6 respondents)	100%
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<b>Career Audit &amp; Skills for the Future (Online Session)</b> (March 2025)	19 (6 UU)	4.2/5 (6 respondents)	83%
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<b>Career Exploration Interview (Craig Davison)</b> (May 2025)	7 (1 UU)	4.7/5 (3 respondents)	100%
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<b>Careers in the Public Sector (in-person event)</b> (June 2025)	61 (7 UU, 1 external)	4.52/5 (23 respondents)	100%
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<b>Decision Making – Career Choices (Workshop)</b> (June 2025)	3	5/5 (2 respondents)	100%
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<b>Career Exploration Interview (Ana Sara Cordeiro)</b> (August 2025)	13 (2 UU, 1 external)	4.8/5 (4 respondents)	100%
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*Thank you for a brilliant session. It was very informative and so refreshing to have a Professor talk so candidly about their experiences.*

*Participant, Career Exploration Interview, Vic Simms, 2024*

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*Very informative. It was an opportunity to have more self-awareness before making a career decision, particularly how sometimes perceptions we have about a work environment that are not necessarily true, can influence our decisions. Thank you for everything.*

*Participant, Career Audit and Skills for the Future, 2024*

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*It was very insightful, gave a clear picture of how to follow this career path and the possibilities available outside of research.*

*Participant, Career Exploration Interview, Anthony Kavanagh, 2025*

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*'I thought it was great - I picked up very valuable contacts and info'.*

*'Well organised event with excellent speakers and helpful activities to facilitate discussion.'*

*'Following the event I have found a job I am going to apply for following a discussion with a panel member... I truly think these connections are vital when applying for a role and without the event I never would have had that opportunity. Thank you.'*

*Participants, Careers in the Public Sector Event, 2025*

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## Organisational Development (OD, P&C) workshops

Workshop	Attendees	Rating	Recommended by
<b>The Strategic Researcher</b> (September 2024)	19	Not available	Not available
<b>Developing your Research Career (3-part programme)</b> (September 2024)	12 (average over 3 parts)	Not available	Not available
<b>Defining Your Career: Exploring Alternative Pathways</b> (October 2024)	6	Not available	Not available
<b>Mastering Academic and Non-Academic CV Writing</b> (November 2024)	Not available	Not available	Not available
<b>Leading in a Research Environment</b> (November 2024)	5	Not available	Not available
<b>Writing for Publication (x3)</b> (November 2024, February 2025 and May 2025)	15	Not available	Not available
<b>Effective Use of Voice</b> (December 2024 and May 2025)	9	Not available	Not available
<b>Writing for Publication: Researcher Writing Retreat (2-day programme, ran twice)</b> (January 2025 and June 2025)	8 (average attendance per session – 32 total)	Not available	Not available
<b>Promoting Yourself and Your Research</b> (March 2025)	16	Not available	Not available

## Additional workshops and programmes

### Innovation programmes (Innovation Programmes Team, R&E)

During the year, the [Innovation Programme](#) team delivered a comprehensive portfolio of innovation programmes spanning both multidisciplinary and discipline-specific areas, with the overarching aim of supporting the commercialisation of university research. The portfolio encompassed established, UK-leading initiatives such as ICURe (led by QUB in the NxNW region), alongside programmes developed in response to emerging needs. The team delivered programmes of relevance to research staff throughout the year. Notably, ICURe, ICURe BBRSC, WelInnovate, Lab-45, Future Leaders Fellowship, Perspective, NetZero Ignite, EIT Food Seedbed Incubator, and QUEST.

### Fellowship workshops (Research Development Team, R&E)

The Research Development team continues to deliver a wide range of training, including highly specific in-depth programmes for specific fellowship calls. These involve small groups of applicants, involving several sessions including writing, feedback, peer-to-peer support and input from previous awardees. This is in addition to sessions designed for wider groups and applicants at every career stage.

Workshop	Attendees	Feedback
<b>AHRC/ESRC Action Learning Programme</b> (Nov24 – Apr 25)	5	Multiple submissions to funders including AHRC, ESRC, Nuffield, Independent Social Research Foundation, Leverhulme Trust
<b>UKRI FLF Round 10 Information Session</b> (December 2024)	40	26 expressions of interest, 4 selected submissions currently under review. Previous year resulted in significant success with 3 awards
<b>Leverhulme Trust Early Career Award Information Session</b> (January 2025)	21	53 expressions of interest, 27 selected submissions & 6 awards
<b>Wellcome Bid Development Groups</b> (Jan-May 2025)	~60	Consistent throughline to high quality applications at Early Career, Career Development, and Senior Discovery Award levels
<b>EPSRC New Investigator Peer-to-Peer Writing Workshops</b> (Feb – May 2025)	13	Extremely positive feedback from participants; multiple proposals to funder expected or in train



Introduction to R&E Funding Opportunities (June 2025)	32	Positive feedback from attendees; expectation that introductory sessions will encourage funding and fellowship interest at various career stages
British Academy Postdoctoral Fellowships Information Session (July 2025)	28	Positive 7-10 expected applications for highly competitive fellowships

## Recognition of teaching and supervision programmes

Over the academic year, the Centre for Educational Development has provided 5 Queen's Merit Award (QMA) application writing support programmes for individuals applying for Associate Fellowship (AF) or Fellowship (F) of the Higher Education Academy HEA. EPS also ran 1 extra series of internal writing sessions. As a result, 36 research staff were successfully awarded AF-HEA and 14 were awarded F-HEA.

In 2024-25, the PDC also processed 25 Assistant Supervisor appointments, recognising significant contributions to the supervision of PhD students.

## Information events

The 'Postdoc Life' series of information sessions was introduced in January 2023 and aims to highlight some internal and sector developments and initiatives to postdocs and research staff to help them better navigate their environment. This year, topics included responsible research assessment, an overview of the NI High Performance Computing (NI-HPC) service and sustainability in research. The 'Postdoc Life' series operates as lunchtime online seminars, with short online presentations and Q&A, and recordings are later made available on the [PDC website \(information section\)](#).

Event	Attendees	Rating	Recommended by
Postdoc Life: An Introduction to Responsible Research Assessment (January 2024)	26	4.5/5 (8 respondents)	100%
Postdoc Life: Computing and Digital Support (April 2025)	15	3.5/5 (2 respondents)	100%

Very clear introduction, with helpful actionable points and links for further information

Attendee, Postdoc Life: Introduction to Responsible Research Assessment, 2025

## Personal support

### PDC 1:1 support

In 2024-25, the PDC spent approximately 31.5 hours personally supporting research staff across 20 instances. This support included feedback on CVs and job applications and interview preparation and was provided via in-person or online discussions, mock interview panels, or by email.

Support type	Beneficiaries*	Rating	Recommended by
Interview preparation (1:1 feedback or mock interview)	9	5/5 (2 respondents)	100%
CV Support or Application Feedback	6	4.8/5 (4 respondents)	100%
Career Discussion / Coaching	4	5/5 (1 respondent)	100%
Other topic / support	1	5/5 (1 respondent)	100%

\*Note: when the same individual has received support on separate occasions in the year (different kinds of support or for different positions), they are counted here several times.

While full outcome data is not available for all individuals we supported, we are pleased to report several confirmed successes. At least three researchers who received targeted support with job applications or interview preparation secured the roles they applied for (one teaching position, one academic position and one public sector post).





In addition, one researcher achieved reserve candidate status for their desired role, and several others who accessed CV support reported being invited to interviews.

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*The 2 staff members had prepared so thoroughly – I am very appreciative. Their feedback was extremely helpful. The opportunity to have a mock interview really made a big difference to me on a personal level. I think it is important and significant work you are doing in PDC. I felt much less anxious about my interview and doing the mock gave me more confidence on the day of the real interview.*

*Job interview preparation support beneficiary, 2025*

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*Extremely helpful - an independent sounding board was very valuable to help me think about future career paths.*

*Job interview preparation support beneficiary, 2025*

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## Other 1:1 support

### External career support (via OD programme)

The 'Developing your research career' programme of workshops, organised by the Organisational Development (OD) team, included a 1:1 career session with an external consultant for each participant. Over the academic year, 12 individuals benefited from these sessions.

### Fellowship and funding support (Research Development team)

The Research Development team provided support to c.114 postdoctoral researchers and eligible early academics for Fellowships Awards between June 2024 - August 2025.

This support included (but is not limited to) selection, support, and development of: 27 Leverhulme Trust Early Career Fellowship applications; 19 EPSRC Fellowship applications; 10 Royal Society Fellowship applications; 10 Wellcome Fellowship

applications; and selection and development of 4 applications for submission to Round 10 of UKRI's Future Leader Fellowships. In addition to this, Research Development supported applicants to major funders including but not limited to the British Academy, the Biotechnology & Biological Sciences Research Council, the Royal Academy of Engineering, the Medical Research Council, and the Arts and Humanities Research Council.

Notable successes in this awarding period include the award of 2 UKRI Future Leadership Fellows; 1 NIHR Efficacy and Mechanism Evaluation Fellowship; 1 NERC Independent Research Fellowship; 1 Vivensa Postdoctoral Fellowship; 6 Leverhulme Early Career Awards, and 2 AHRC Catalyst awards. There are several other significant fellowship/ECR applications where outcomes are awaited, including post-interview MRC and Wellcome Career Development Awards.

## Mentoring

The [Postdoc Group Mentoring Scheme](#), led by academic staff in all faculties, accommodated 13 groups this year, with 31 postdocs participating as mentees. Discussions within groups mainly focused on career planning and development, research funding, management and leadership development, and work life balance.

Mentees rated the programme 3.7/5 and 67% of respondents recommend it (9 respondents provided feedback). 77% (all respondents except two) reported taking the time to review their career development plan as part of the process. Participants reported benefiting from exploring different career options (including those in other sectors), receiving support in making a career plan, gaining insight into funding and fellowship applications and having a mentor who could offer impartial advice.

## Funding

The extension of internal funding schemes' eligibility to research staff a couple of years ago enabled 32 postdocs to receive some financial support to present at conferences, add value to a funding proposal, develop external partnerships etc. [See internal funding schemes for details on the programmes on offer.](#)

Funding	All applications	Funded applications
Research & Innovation conference fund	29	20
Agility Fund strand i		
Development of external research funding applications	6	4



<b>Agility Fund strand ii</b>		
Support for interdisciplinary initiatives	2	1
<b>Agility Fund strand iii</b>		
*This strand closed October 2024	2	2
Support for external research partnership development		
<b>Agility Fund strand iv</b>		
Support for research engagement and impact	4	4
<b>Agility Fund strand v</b>		
*This strand closed October 2024	1	1
Support for research culture, environment and people		

## Postdoc Society

The Postdoc Society, established in late 2022, brings together around ten postdoctoral volunteers from across the University. While the group receives funding, advice, and administrative support from the PDC, it runs independently in designing and delivering activities. Its programme focuses on fostering networking and social interaction among research staff, celebrating the contributions of postdocs within the University and beyond, and engaging in outreach with PhD students at Queen’s.

In 2024–25, the Society delivered a diverse programme of activities, including a pizza networking evening, wellbeing events, a two-day writing retreat, and a trivia quiz night. A new initiative this year was a series of four yoga sessions in May, led by Postdoc Society member Dr Emma Hope Cassinelli, which attracted 40 participants and received very positive feedback.

The Society is also organising the annual Postdoc Showcase in September 2025 (see [National Postdoc Appreciation Week](#)).

More information can be found on the [Postdoc Society website](#), and it can be contacted at [PostdocSociety@qub.ac.uk](mailto:PostdocSociety@qub.ac.uk) and followed on X ([@QUBPostdocSoc](#)).

Event	Attendees	Rating	Recommended by
Wellbeing Walk (October 2024)	8	5/5 (1 respondent)	100%
Writing Retreat for Postdocs and Research Staff (November 2024)	14	4.8/5 (6 respondents)	100%
Postdoc Networking and Pizza Event (January 2025)	34	4.8/5 (15 respondents)	100%
Writing Retreat for Postdocs and Research Staff (2 days, May 2025)	9	5/5 (3 respondents)	100%
Yoga Sessions (4 sessions, May 2025)	40 across 4 sessions	4.8/5 (12 respondents)	100%



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## Trivia Quiz Night

(May 2025)

14

5/5  
(1 response)

100%

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*Having had no previous experience with yoga lessons, I initially found them quite challenging. However, my fears turned out to be unfounded. I truly enjoy the yoga classes and look forward to future sessions.*

*Participant, Postdoc Society Yoga Classes, 2025*

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*I really enjoyed the event. The duration was great - it was nice to get 3 hours away from the desk and then come back to it. Una's presentation was inspirational; we need to hear more about career pathways and suggestions for progression to fellowships etc. Overall, very well organised event, thank you so much for organising it.*

*Participant, Postdoc Networking and Pizza Event, 2025*

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## National Postdoc Appreciation Week (NPAW)

As [National Postdoc Appreciation Week](#) takes place in September, we here provide some information on the September 2024 iteration (part of the academic year), but also indication of the 2025 iteration, since most of the planning and organisation has taken place in the academic year 2024-25. Post-event information will be included in the 2025-26 report.

### Postdoc Showcase 2024



The Postdoc Showcase 2024 was organised by the Postdoc Society on the theme of 'Helping to Shape a Better World'. A panel of invited guest speakers from across academia, professional services and industry provided their experience of 'Life After Postdoc' and

organised flash talks and posters by postdocs were aligned with the University's research strategies that are conducted across the 17 Sustainable Development Goals (SDGs). There were prizes for best talks and posters and plenty of opportunities to network, including during a drinks reception at the end of the event.

	Attendees	Rating	Recommended by
Postdoc Showcase 2024 (Sep 2024)	88 (variable during the day)	4.5/5 (30 respondents)	97%

### Postdoc Awards 2024

Similarly to 2023, Postdoc Awards were awarded during NPAW 2024 and were presented in person at the Postdoc Showcase. A total of 61 nominations were received (35 in MHLS, 19 in EPS, 7 in AHSS), including some of them submitted on behalf of multiple individuals.



## Additional NPAW initiatives

Profiles were created for ~50 research staff and were shared on social media during NPAW, as well as displayed on screens during the Showcase, and saved on the PDC website ([‘Our postdocs’ section](#)).

Additionally, the PDC offered the opportunity to some postdocs to get a professional profile picture taken by a photographer, with 26 postdocs availing of this opportunity.

The PDC also supported a national online event organised collaboratively by postdocs from several institutions, ‘Into the Postdoc-verse: building relationships across dimensions’. This event explored how to create and build networks that span different sectors and themes, including a networking skills masterclass and facilitated live speed networking sessions.

## Plans for NPAW 2025

- Postdoc Showcase 2025: ‘Voices of the Future: Postdocs Shaping Tomorrow’

Organised by the Postdoc Society, the 2025 Postdoc Showcase will feature two panel discussions with guest speakers exploring the theme ‘Life After a Postdoc’, drawing on both academic and non-academic perspectives. The event will also include a research display and poster exhibition, short accessible presentations by selected postdocs, and a Postdoc Drop-In Clinic offering advice from colleagues in Research Development, Impact and Engagement, Patient and Public Involvement, Public Affairs, Wellbeing, Publishing and Open Access, and Research Spinouts and Investments. Highlights will include prizes for the best poster and presentation, as well as a range of networking opportunities, culminating in a drinks reception.

- PDC Postdoc Awards

As usual, the PDC Postdoc Awards will be presented during the Postdoc Showcase. A total of 53 nominations were received (32 in MHLS, 16 in EPS, 5 in AHSS), including some which were submitted on behalf of multiple individuals.

- National Online Event

The PDC is again supporting a UK-wide National Postdoc Appreciation Week online event organised collaboratively by postdocs from several institutions, ‘From Surviving to Thriving: Planning Your Future’.

- Wellbeing Morning: A Successful MYND

The PDC is hosting a ‘wellbeing morning’ for postdocs, providing an opportunity for postdocs from across the University to come together, celebrate their successes and

refocus on the year ahead. This event features a wellbeing session, facilitated by MYND consulting.

- Postdoc Video Profiles

Six postdocs (two from each Faculty) will be featured in videos discussing their research and their experiences as postdocs at Queen's. These videos will be released during National Postdoc Appreciation Week and shared on Queen's social media platforms, including the PDC's X account. They will also be uploaded to the PDC website.