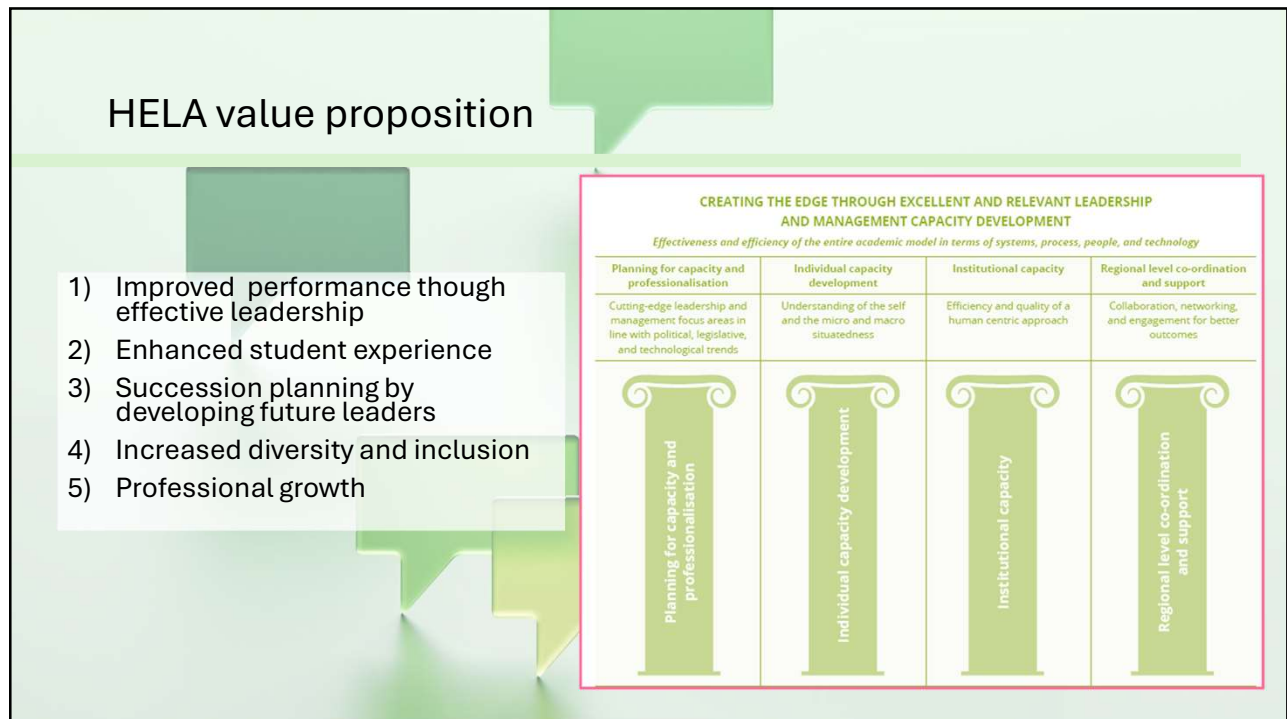
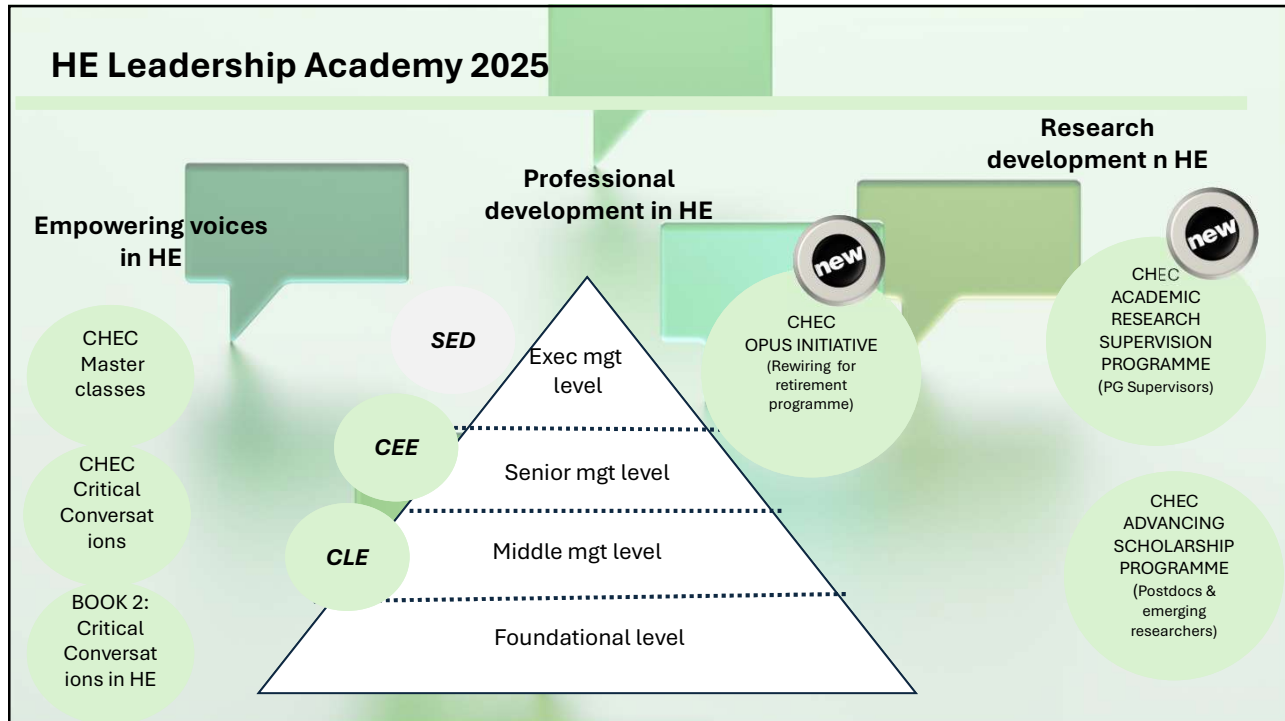




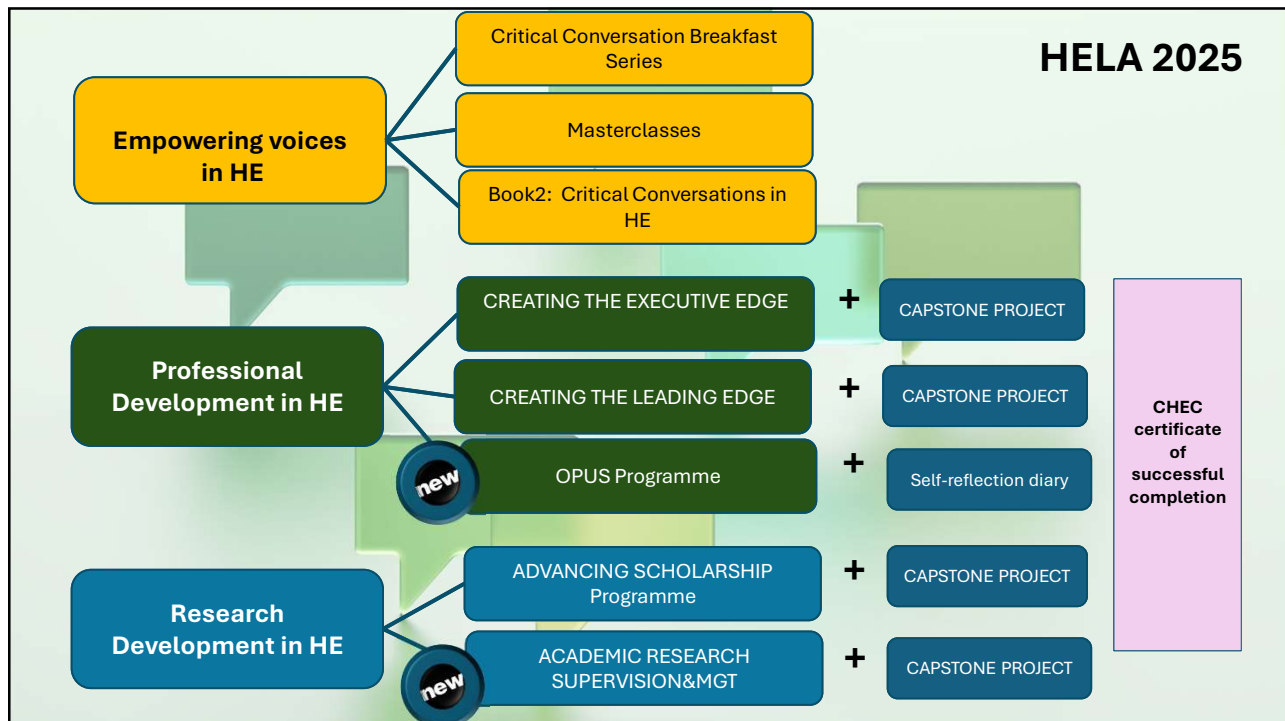
1



2



5



6

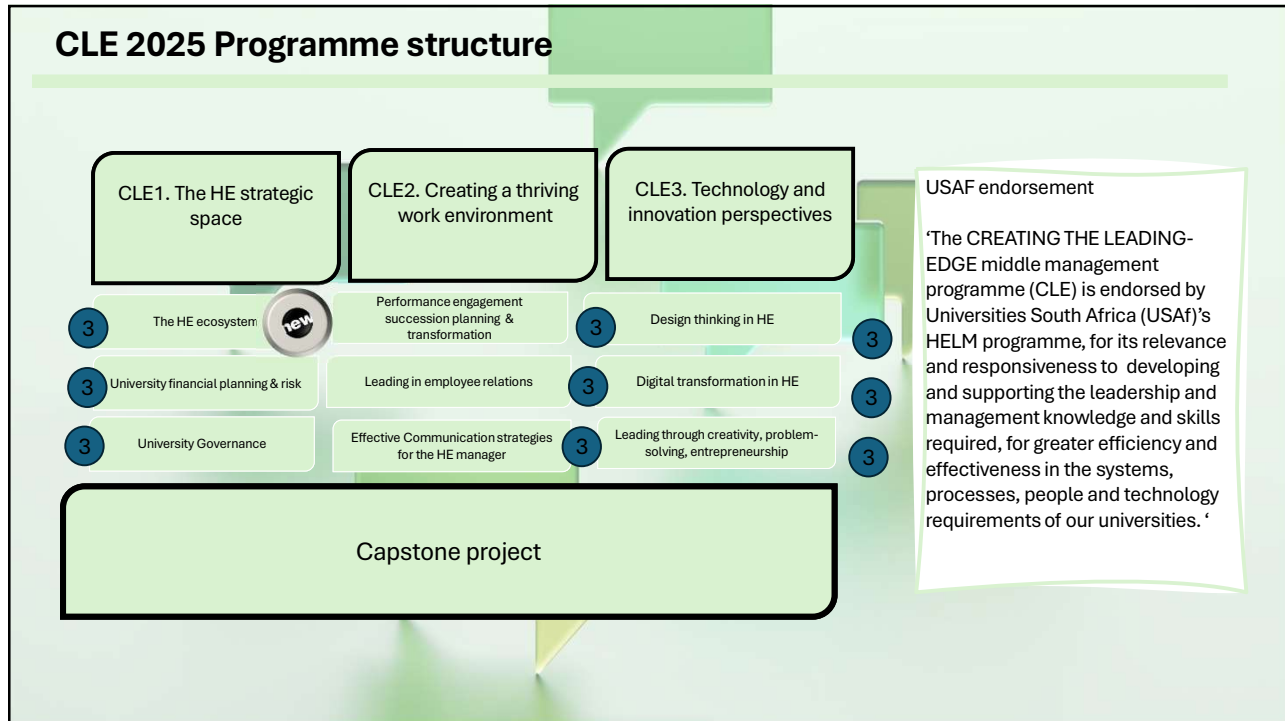


# Professional & research development

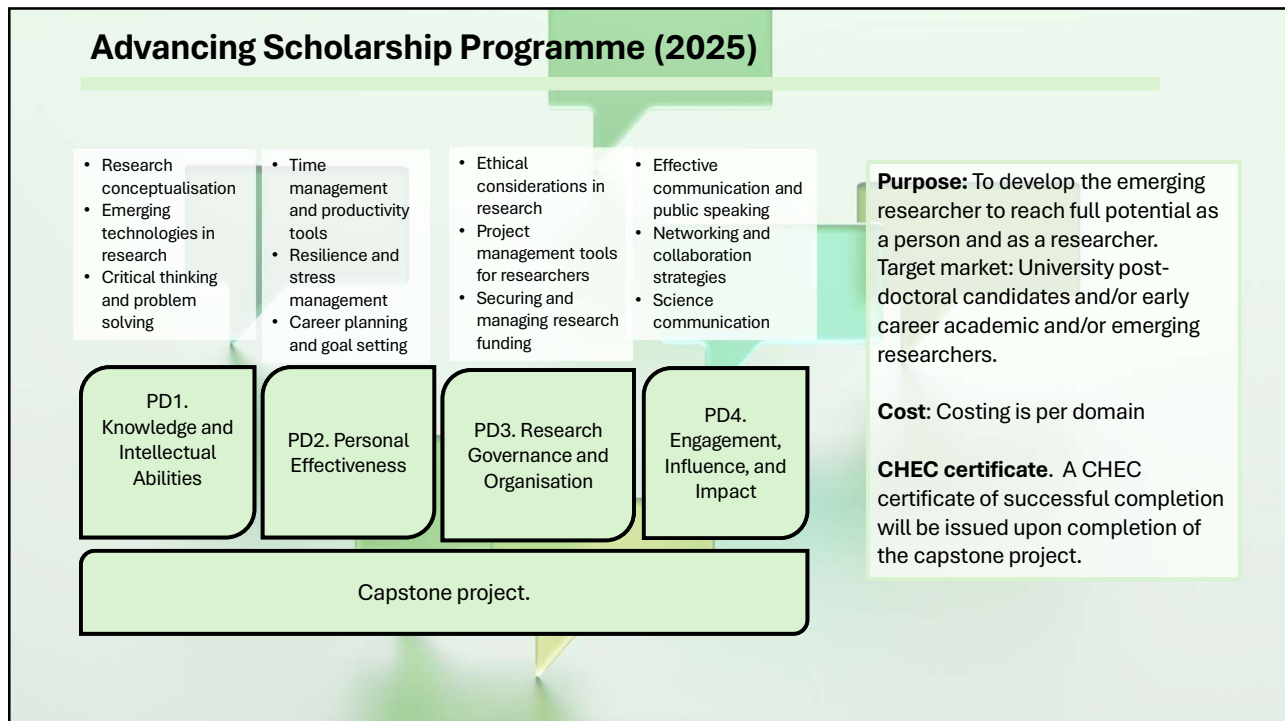
9



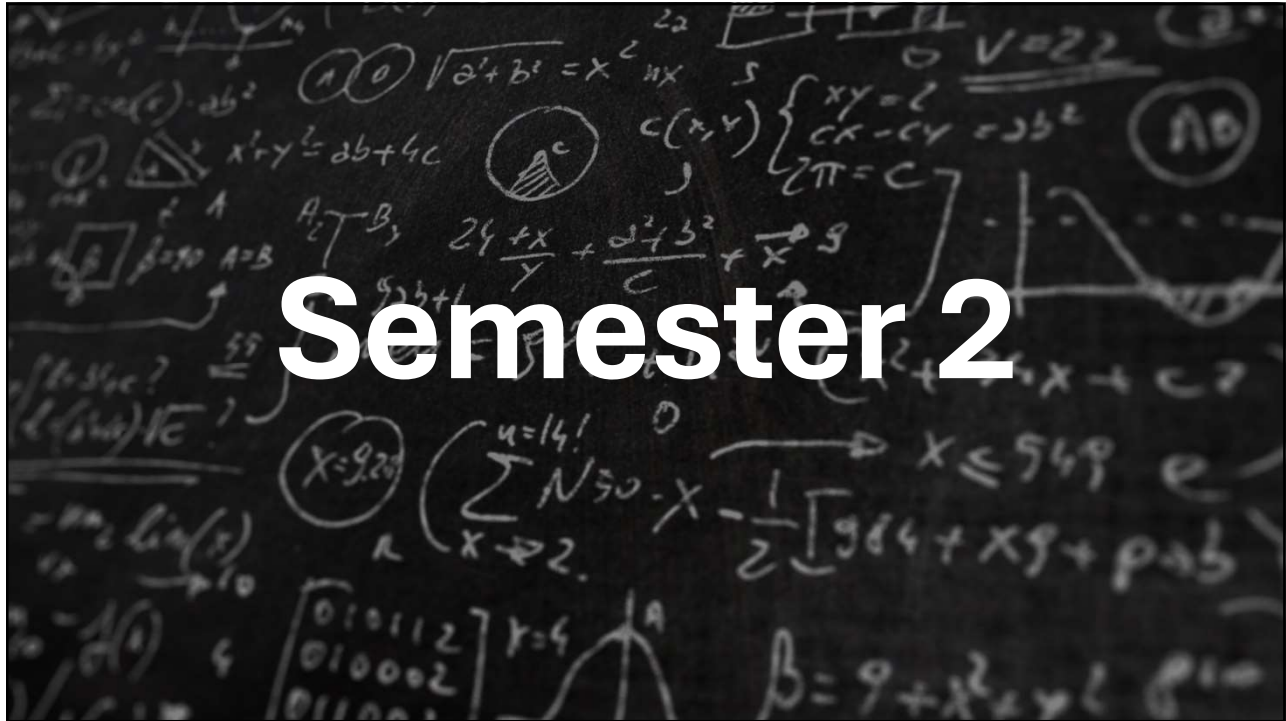
10



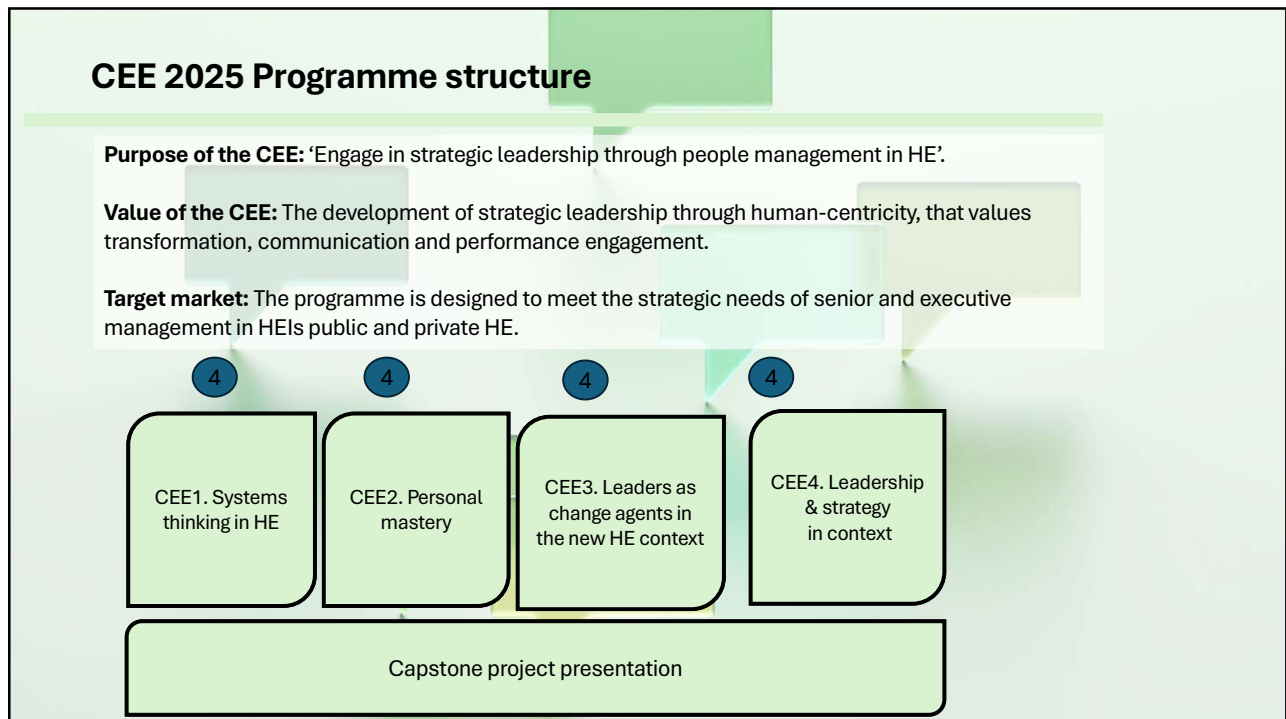
11



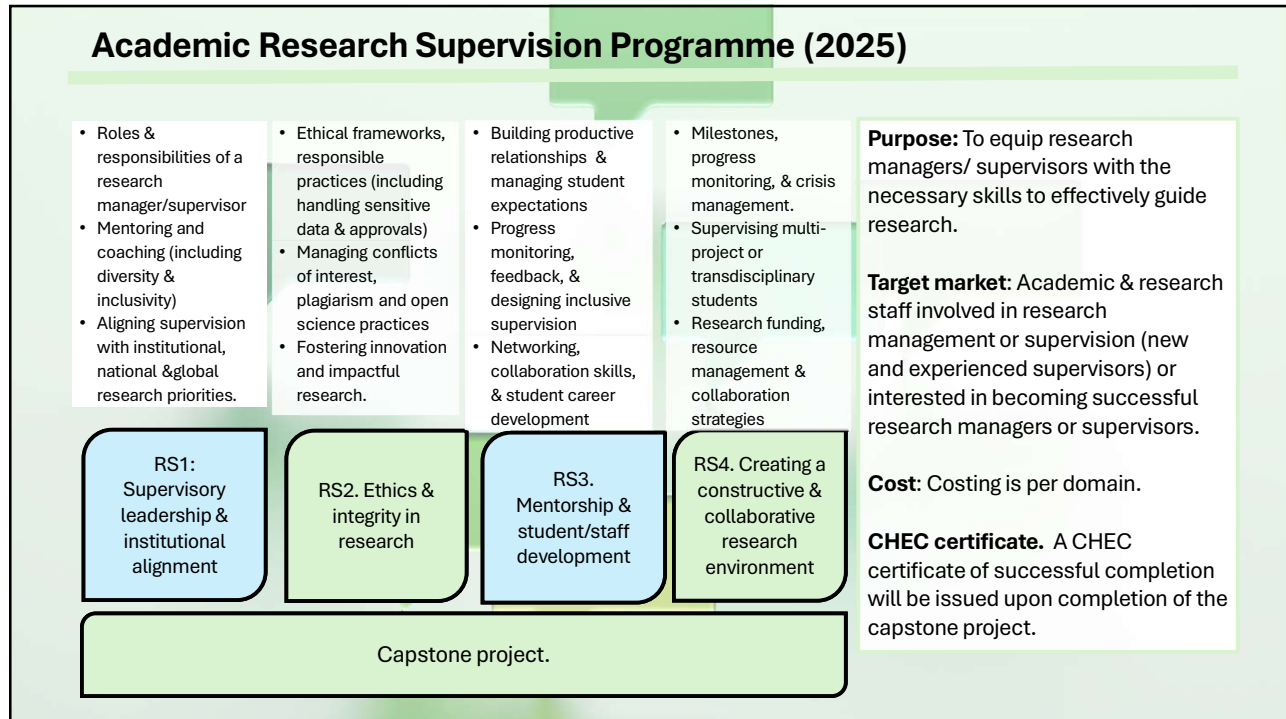
12



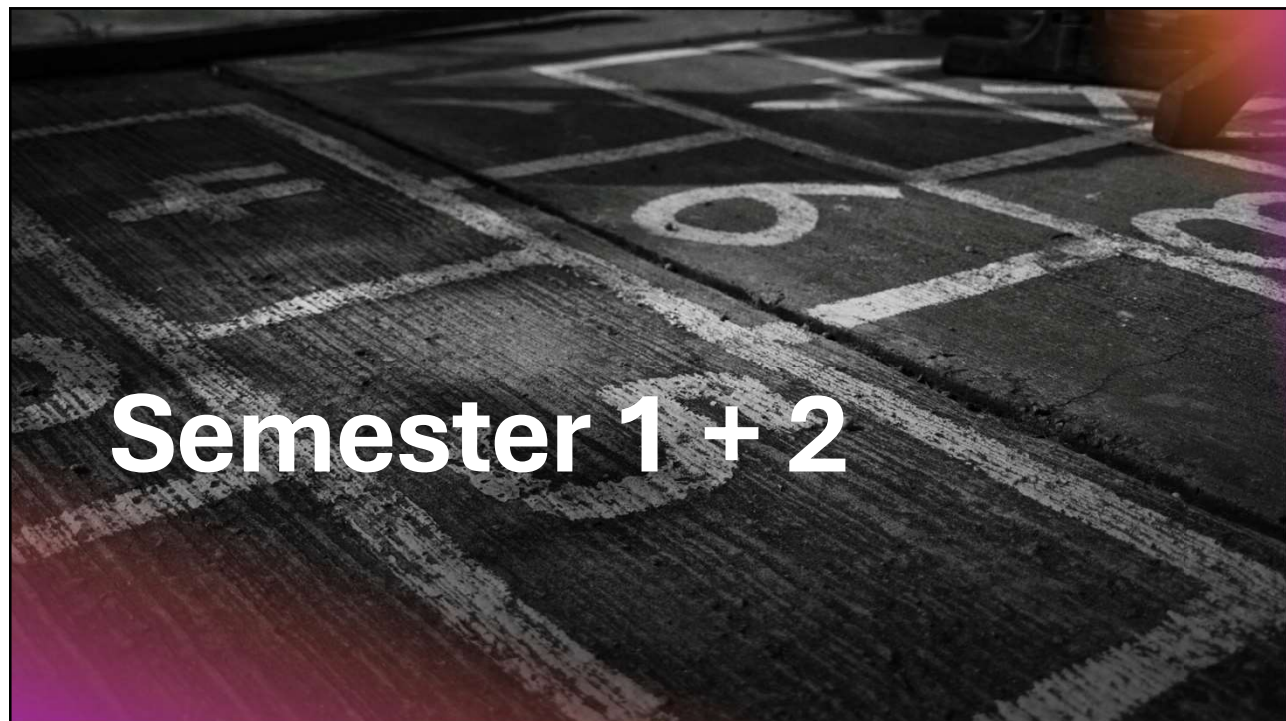
13



14



15



16

## OPUS programme (2025)

Pre- and post-retirement

OP1. SELF- LEADERSHIP (Personal health and care)	Self-calibration for a different game 16 May 2025 (9:00-13:00) Calibrating and understanding different games
OP2. MENTORING/LIFE COUNSELLING, CONSULTING AND COACHING PROGRAMME	Self-reflective diary 23 May 2025 (9:00-13:00) Creating a new reality
OP3. ACADEMIC AND LEADERSHIP CAPACITY BUILDING PROGRAMMES See CHEC Professional & Research Development Programmes	5 June 2025 (9:00-13:00) Self-designing 13 June 2025 (9:00-13:00)
Communities of Practice: Regular activities to engage in topics and conversations	

17



18

## The CAPSTONE project

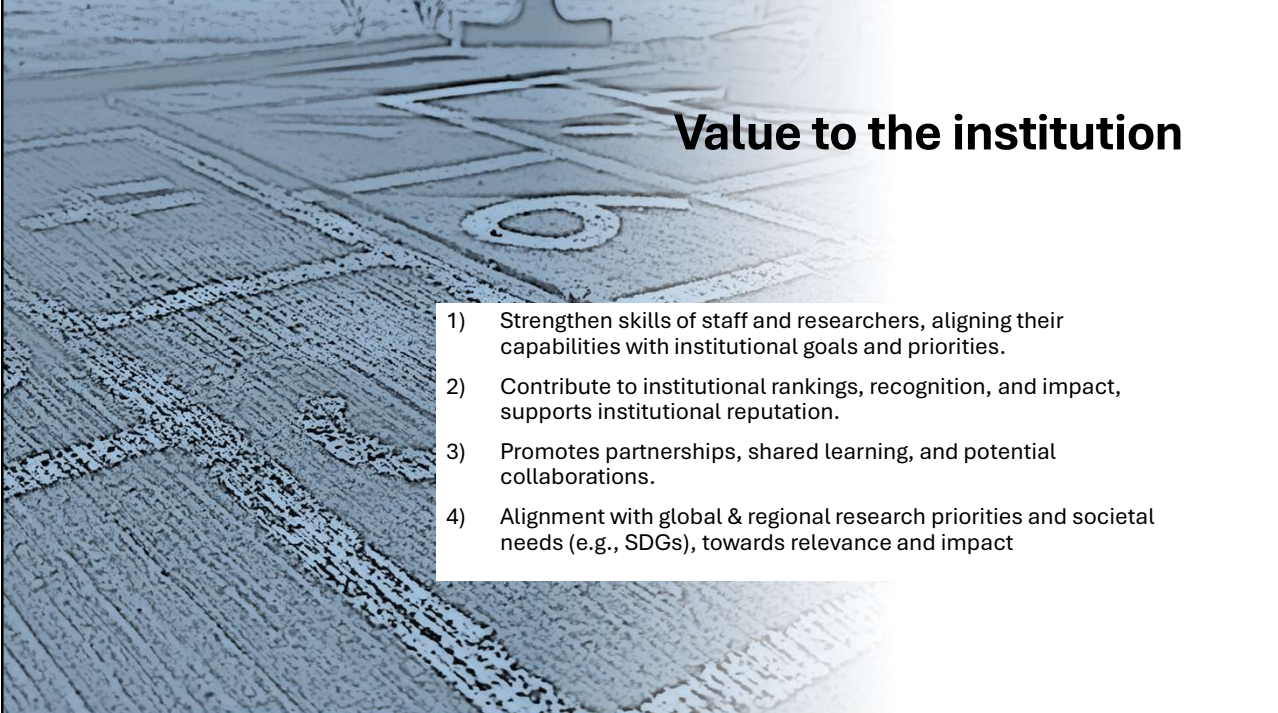
**Purpose:** To allow participants to demonstrate the breadth and depth of their acquired knowledge and experiences through application to a real-life setting.

- **Presentation event: 8 min** presentation their project at an end of year event (10 min Q&A).
- **CHEC certificate of successful completion**

19

## Why join the CHEC HELA programmes?

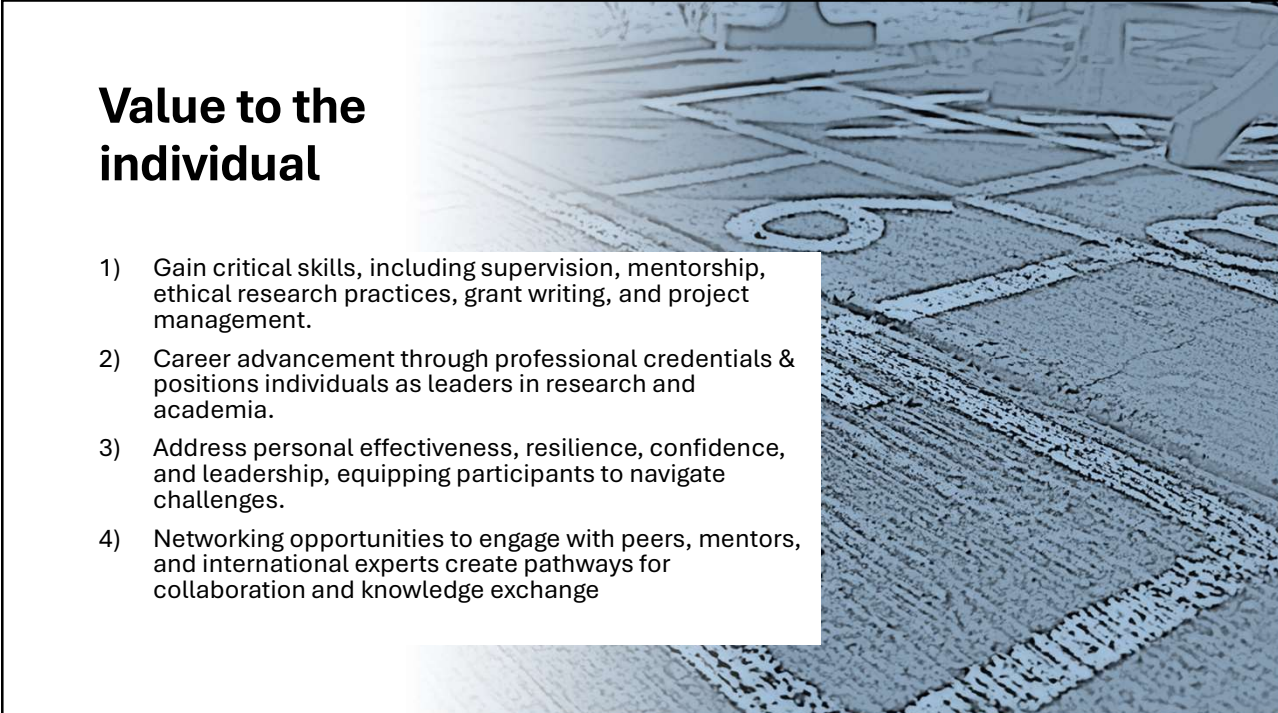
21



## Value to the institution

- 1) Strengthen skills of staff and researchers, aligning their capabilities with institutional goals and priorities.
- 2) Contribute to institutional rankings, recognition, and impact, supports institutional reputation.
- 3) Promotes partnerships, shared learning, and potential collaborations.
- 4) Alignment with global & regional research priorities and societal needs (e.g., SDGs), towards relevance and impact

22



## Value to the individual

- 1) Gain critical skills, including supervision, mentorship, ethical research practices, grant writing, and project management.
- 2) Career advancement through professional credentials & positions individuals as leaders in research and academia.
- 3) Address personal effectiveness, resilience, confidence, and leadership, equipping participants to navigate challenges.
- 4) Networking opportunities to engage with peers, mentors, and international experts create pathways for collaboration and knowledge exchange

23

## Benefits of cross collaboration

---

- 1) Diversity of perspectives by engaging with colleagues from different institutions enriches discussions, offering varied insights and approaches.
- 2) Shared best practices.
- 3) Collaboration fosters research projects with wider regional and societal relevance and impact.
- 4) Pool expertise and resources, broadening opportunities for academic and professional development

