

# VIRTUAL RESEARCH RETREAT

## KEEP CALM AND CARRY ON RESEARCHING

15–17 MAY, 2026

	Friday 15 May	Saturday 16 May	Sunday 17 May
7:00am–7:20am	<p><b>Guided Meditation</b></p> <p>This short practice offers a calm, grounding space to settle your mind and set a quiet intention for the three days ahead.</p>	<p><b>Guided Meditation</b></p> <p>Ease into your second retreat day with a practice that offers space to check in with yourself and carry a grounded focus into the day's work.</p>	<p><b>Guided Meditation</b></p> <p>On our final morning, join Lyn for a guided meditation that offers a reflective space to appreciate the weekend's journey.</p>
7:20am–9:00am	<b>Grab a healthy breakfast/exercise</b>	<b>Grab a healthy breakfast/exercise</b>	<b>Grab a healthy breakfast/exercise</b>
9:00am–9:30am	<p><b>Finding Your Research Calm</b></p> <p>There's a quiet confidence that comes from knowing how to stay grounded in the midst of a busy research life. Explore what "keeping calm" looks like in practice – how to create pockets of focus and approach your research with clarity and intention. We'll set the tone for three days of calm, connected progress.</p>	<p><b>Small Steps, Strong Momentum</b></p> <p>Meaningful research progress often happens quietly – one small step at a time. Today's webinar celebrates the power of showing up consistently and explores how steady, intentional effort builds momentum. We'll share strategies for staying motivated and explore just how far those small steps can take you.</p>	<p><b>Carrying Your Spark Forward</b></p> <p>On our final day, it's time to think ahead. This session will help you identify what "carrying on" looks like personally – at a pace that fits your life, your energy and your goals. We'll explore how to protect your research time, build routines that feel good, and help you leave the retreat with a clear, positive plan for the weeks ahead.</p>
9:30am–12:30pm	<p><b>Shut Up &amp; Research</b></p> <p>Settle into the retreat's first co-working session. We'll work through three focused 50-minute blocks with breaks in between to grab a hot drink or chat with your fellow researchers. Whether you're easing back into a project or diving straight in, this session sets the rhythm for the weekend.</p>	<p><b>Shut Up &amp; Research</b></p> <p>With the retreat rhythm established, build on yesterday's momentum. We'll work through three focused 50-minute blocks with breaks in between for a hot drink, a stretch, or a chat. Bring whatever you're working on and enjoy the quiet companionship of researchers doing the same.</p>	<p><b>Shut Up &amp; Research</b></p> <p>Our final morning co-working session — one last chance to make meaningful progress alongside the RA community. We'll work through three focused 50-minute blocks with breaks in between. Whether you're wrapping up what you started or carrying the energy forward, settle in and make this time count.</p>
12:30pm–1:30pm	<b>Lunch break</b>	<b>Lunch break</b>	<b>Lunch break</b>

	Friday 15 May	Saturday 16 May	Sunday 17 May
1:30pm–3:30pm	<p><b>Focus Lounge</b></p> <p>Ease into the retreat's quieter afternoon pace with two focused 50-minute blocks and a short break in between. Whether you're continuing from this morning, trying out an idea from the webinar, or simply enjoying the focused company, bring your research and settle in.</p>	<p><b>Focus Lounge</b></p> <p>More dedicated time to work alongside the RA community — two focused 50-minute blocks with a short break. You might be deep in a project by now, tackling something you've been putting off, or exploring a new direction. Whatever it is, this session has the space for it.</p>	<p><b>Focus Lounge</b></p> <p>One last stretch of focused work before the retreat wraps up — two focused 50-minute blocks with a short break. Whether you're finishing what you started, tidying loose ends, or savouring the last of the retreat's quiet focus, bring your research and enjoy the company.</p>
3:30pm–4:00pm	<p><b>Unplug &amp; Restore</b></p> <p>After your first full day of retreat focus, step away from the screen. Move, rest, make a cup of tea, or simply sit with your thoughts. No agenda — just time to recharge before the afternoon session.</p>	<p><b>Unplug &amp; Restore</b></p> <p>Your mind has been working hard. Step away and take time to restore — walk, stretch, rest, or simply do nothing. Reconnect with what gives you energy before we gather again.</p>	<p><b>Unplug &amp; Restore</b></p> <p>Before we come together for the final session, take this half hour to step away and let the weekend settle. Move, rest, reflect, or simply be still — use the time however you need.</p>
4:00pm–4:45pm	<p><b>The Calm Researcher's Toolkit</b></p> <p>Discover practical strategies that help you feel centred and in control of your research life – from creating helpful boundaries to building micro-habits that support your focus, energy, and wellbeing.</p>	<p><b>Embracing the Detours</b></p> <p>Research is full of unexpected turns – and sometimes the detours lead to the most interesting discoveries. This session explores how to stay curious and flexible when things don't go to plan, and how to treat every twist as part of your unique research story.</p>	<p><b>Your Keep Calm Plan</b></p> <p>As the retreat draws to a close, take time to design your personal roadmap for the weeks ahead – identify your research non-negotiables, the strategies that energise you, and a sustainable rhythm that keeps you moving forward with confidence.</p>
4:45pm–6:30pm	<b>Dinner break</b>	<b>Dinner break</b>	
6:30pm–8:30pm	<p><b>The Night Shift</b></p> <p>For night owls or those in different time zones, this evening session extends the first day of the retreat. We'll work through two focused 50-minute blocks with a short break in between. Whether you're building on the day's momentum or prefer the quiet focus of evening hours, settle in and enjoy the company.</p>	<p><b>The Night Shift</b></p> <p>Our final evening co-working session — a quiet space to work alongside the RA community. We'll work through two focused 50-minute blocks with a short break in between. Whether you're wrapping up the day's work or finding your best focus in the evening calm, join us to close out the day.</p>	