

VIRTUAL RESEARCH RETREAT

UNRAVELLING THE YARN: JOURNALLING FOR RESEARCH AND WELLBEING

7–9 NOVEMBER, 2025

	Friday 7 November	Saturday 8 November	Sunday 9 November
7:30am–8:00am		Meditation + Journaling	Meditation + Journaling
8:00am–9:00am	Grab a healthy breakfast	Grab a healthy breakfast	Grab a healthy breakfast
9:00am–9:30am	Journaling as a Researcher: Why It Matters Research can be both inspiring and overwhelming – journaling provides a private space to reflect, untangle complexity, and capture insights along the way. In this session, we'll introduce the different types of journals, and begin to see how journaling can support every stage of your research journey.	Exploring Journaling Practices From morning pages to bullet journals, gratitude logs to visual sketch-notes, there's no single "right" way to journal. Today's session explores a range of approaches that support reflection, focus, and creativity. This is an opportunity to reflect on which practices might suit your personality, research phase, and goals.	Designing Your Journaling Ecosystem The most effective journaling practice isn't one-size-fits-all — it's a system that grows with you. In our final session, we'll explore practical considerations such as digital vs. handwritten journals and avoiding perfectionism, before helping you design a journaling system that enhances both your research and wellbeing.
9:30am–12:30pm	Shut Up & Research These virtual co-working sessions are great for accountability or company while you work. We'll work independently for 3 x 50-minute blocks, with breaks in between so you can grab a hot drink or chat with your fellow researchers.	Shut Up & Research These virtual co-working sessions are great for accountability or company while you work. We'll work independently for 3 x 50-minute blocks, with breaks in between so you can grab a hot drink or chat with your fellow researchers.	Shut Up & Research These virtual co-working sessions are great for accountability or company while you work. We'll work independently for 3 x 50-minute blocks, with breaks in between so you can grab a hot drink or chat with your fellow researchers.
12:30pm–1:15pm	Lunch break	Lunch break	Lunch break
1:15pm–1:30pm	Micro Reset A quick pause with a simple creative prompt to help you switch gears and set your intention for the afternoon.	Micro Reset A quick pause with a simple creative prompt to help you switch gears and set your intention for the afternoon.	Micro Reset A quick pause with a simple creative prompt to help you switch gears and set your intention for the afternoon.

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1:30pm–3:00pm	Focus Lounge A quiet, drop-in co-working space where you can work at your own pace without a shared timer – bring a task, settle in, and make steady progress.	Unplug & Restore Step away from the screen and take time to recharge – move, rest, reflect or simply do nothing. Use the time to reconnect with what restores you.	Focus Lounge A quiet, drop-in co-working space where you can work at your own pace without a shared timer – bring a task, settle in, and make steady progress.	Unplug & Restore Step away from the screen and take time to recharge – move, rest, reflect or simply do nothing. Use the time to reconnect with what restores you.	Focus Lounge A quiet, drop-in co-working space where you can work at your own pace without a shared timer – bring a task, settle in, and make steady progress.	Unplug & Restore Step away from the screen and take time to recharge – move, rest, reflect or simply do nothing. Use the time to reconnect with what restores you.
3:00pm–3:15pm	Break		Break		Break	
3:15pm–4:30pm	Focus Lounge A quiet, drop-in co-working space where you can work at your own pace without a shared timer – bring a task, settle in, and make steady progress.	Unplug & Restore Step away from the screen and take time to recharge – move, rest, reflect or simply do nothing. Use the time to reconnect with what restores you.	Focus Lounge A quiet, drop-in co-working space where you can work at your own pace without a shared timer – bring a task, settle in, and make steady progress.	Unplug & Restore Step away from the screen and take time to recharge – move, rest, reflect or simply do nothing. Use the time to reconnect with what restores you.	Focus Lounge A quiet, drop-in co-working space where you can work at your own pace without a shared timer – bring a task, settle in, and make steady progress.	Unplug & Restore Step away from the screen and take time to recharge – move, rest, reflect or simply do nothing. Use the time to reconnect with what restores you.
4:30pm–5:00pm	Journal Club Join us for a guided journalling prompt and group discussion. Each day we'll pause to reflect on a different theme, share insights, and ask questions in a supportive space.		Journal Club Join us for a guided journalling prompt and group discussion. Each day we'll pause to reflect on a different theme, share insights, and ask questions in a supportive space.		Journal Club Join us for a guided journalling prompt and group discussion. Each day we'll pause to reflect on a different theme, share insights, and ask questions in a supportive space.	
5:00pm–6:30pm	Dinner break		Dinner break			
6:30pm–8:30pm	The Night Shift If you're a night owl or are in a different time zone, connect to this final virtual co-working session. We'll work for 2 x 50-minute blocks with a break in between.		The Night Shift If you're a night owl or are in a different time zone, connect to this final virtual co-working session. We'll work for 2 x 50-minute blocks with a break in between.			