

#RCSIttogether Bulletin 14 - Curiosity, Uncertainty, Supporting Returning Colleagues and Bloom

Dear Colleagues,

This week saw the first day since the crisis began with no reported COVID-19 related deaths, a welcome and hopeful step in the right direction. A sunny public holiday weekend ahead will hopefully give many of us some much needed time to recharge our batteries. Delighted to see that many of you have taken some extra time off around the long weekend, enjoy the break and thank you for your ongoing hard work on behalf of RCSI.

#RCSIttogether Learning

This week's RCSIttogether webinar was on the topic of Emotional Intelligence, led by Prof Eva Doherty – special thanks to everyone who joined the webinar and if you couldn't make the live session you can view a recording [here](#). Eva reminded us of the power of noticing and recording [3 Good Things](#) every day for 14 days as a boost for our mental health – a nice exercise to do individually, within your families/friend groups or even as a team.

On Workvivo this week, Dr. Pauline Joyce highlighted an interesting podcast featuring management thinker Margaret Heffernan [“How to be ready for an unpredictable future”](#). Margaret Heffernan has written extensively about the need for human skills in the workplace to help us navigate uncertainty- simple but powerful things like inviting and valuing all perspectives on a team, celebrating mistakes, speaking up and listening more. If you like the podcast you might also enjoy her [TED talk](#) on this topic.

This 30 minute LinkedIn Learning course is worth a look this week – [‘Using Questions to Foster Critical Thinking and Curiosity’](#). In a time when we are overwhelmed with knowledge and information at the touch of a button, an increasingly critical skill is using curiosity to discover answers we don't have access to yet. A well-crafted question is a powerful thing, allowing us to transform the way we and others think.

#RCSIttogether Health Science

RCSI's Office of Research and Innovation are continuously identifying strategic funding opportunities which may be of interest to our Researchers. Click [here](#) to view the varied calls that are currently listed and shared on the RCSI Portal. The calls range from new emerging opportunities, from example, the recent COVID-19 Rapid Response for which RCSI have already had successful applicants, to other more established rolling funding call.

These and other opportunities are also circulated in the monthly 'Collaborate Bulletin' which also details research events, education events and consultations & surveys. Click [here](#) to register to be on the mailing list to receive the 'Collaborate Bulletin'.

Barry Holmes
Director of Human Resources

Another useful resource for those interested in receiving emails regarding funding and grant updates tailored to your specific research interests is RESEARCHconnect International. Registration and sign-up are available [here](#).

#RCSItogether Minding Others

Last week we shared details of RCSI's parental leave policy. This week we'd like to share some tips for supporting colleagues who are on various types of family leave, whether you are a line manager or a colleague. Particularly for staff who have been on longer periods of family leave (such as maternity or adoption leave), it is likely this time has not been what they had imagined, planned or hoped for. Whether just saying hello or planning someone's return to work, these "dos" and "don'ts" can help ensure we are proactive and inclusive <https://www.whenequality.org/blog/parental-leave>.

#RCSItogether Minding Yourself

A long bank holiday weekend with sunny weather predicted is the perfect opportunity to make the most of the outdoors, whether that's going for a walk within your 5k with your family, spending the day tending to your garden or firing up the barbeque! There is a strong connection between time spent outdoors in nature and reduced negative emotions. Many of you may be frequent attendee's at Bord Bia's annual Bloom festival that usually takes place on the June bank holiday every year. Well this weekend Bord Bia invites you to take part in [Bloom At Home](#) on Sunday, 31st of May. The day will feature a series of online events, including live Q&As and panels, cookery demonstrations with quality assured, in season produce and entertainment from some of Bord Bia Bloom's long-time participants, bringing a flavour of Ireland's largest gardening and lifestyle festival directly into people's homes.

RCSI Inspire's Virtual WW Classes have been a great success! Sarah our WW coach delivers different topics such as 'Stocking the Kitchen' 'Track' & 'Refresh'. If you are interested in joining, the next set of 8 week classes commence on 4th June-23rd July-finishing just in time for potential staycations!! More info & registration via this link <https://www.surveymonkey.com/r/GR9Y237>

Tonight the National Concert Hall is starting a series of free live streamed concerts on YouTube, Facebook and rte.ie which you may enjoy. Tonight's concert is ['Songs of Comfort and Hope'](#) – a nice sentiment to kick off the public holiday weekend.

Finally, thanks to Kim Shanahan from HR for sharing this beautiful photo.



Take care of yourselves and each other,

Barry and the HR Team

Barry Holmes
Director of Human Resources

RCSI Human Resources