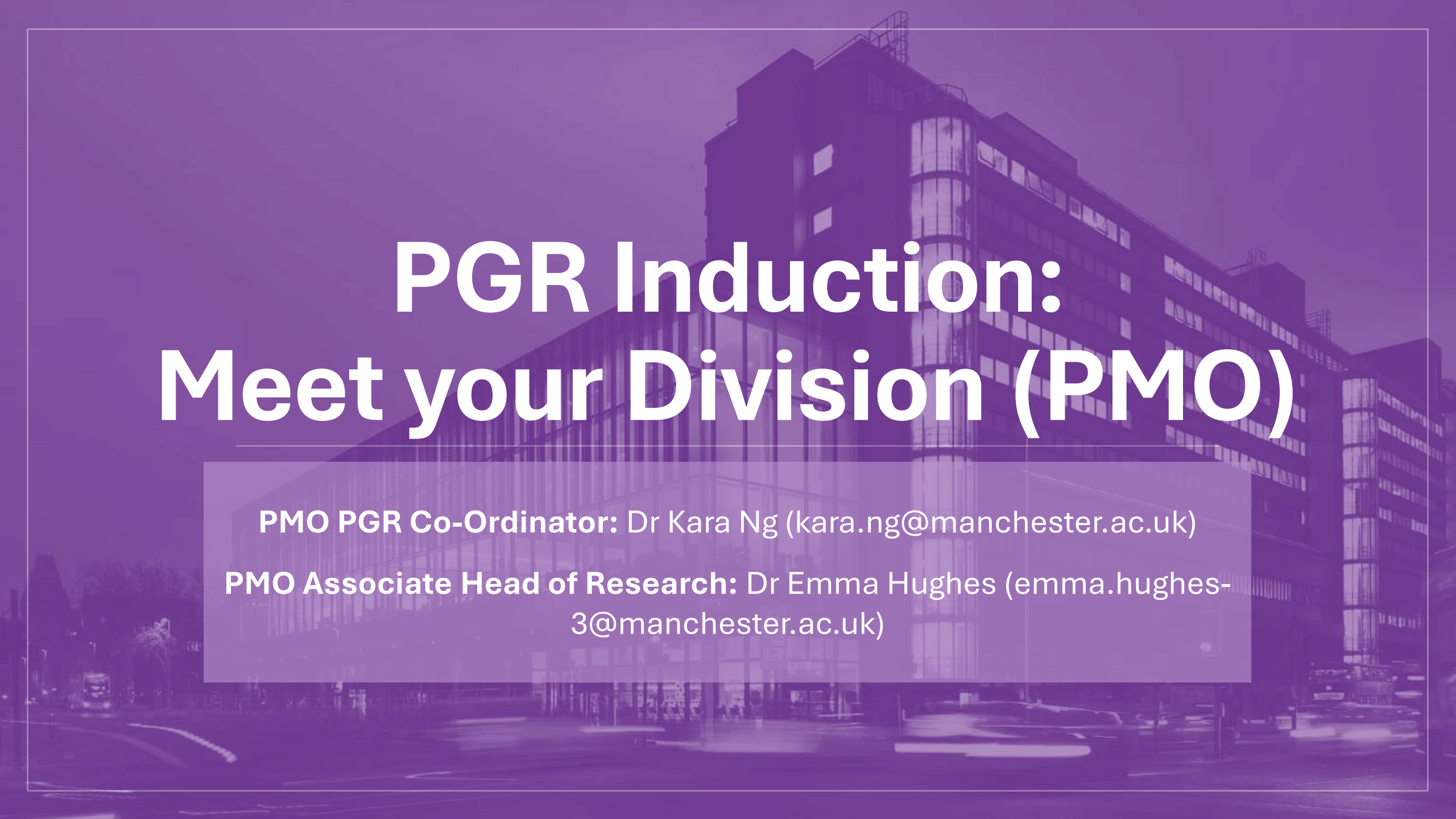




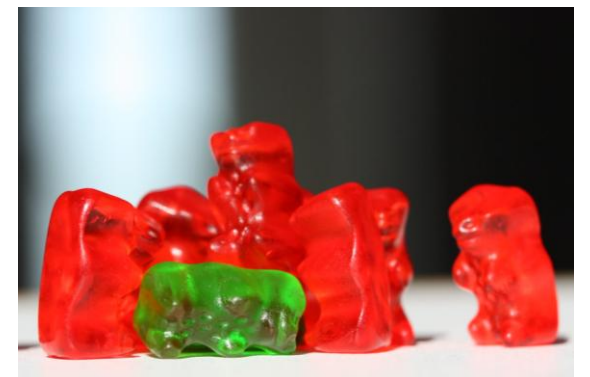
PGR Induction: Meet your Division (PMO)

PMO PGR Co-Ordinator: Dr Kara Ng (kara.ng@manchester.ac.uk)

PMO Associate Head of Research: Dr Emma Hughes (emma.hughes-3@manchester.ac.uk)

Quickly about me

- Senior lecturer in organisational psychology
- Research focus: Why do people do bad things at work?
- AMBS PhD (2019)!



Who am I?

- Senior lecturer in Employment Studies
- Main research interests: HRM, employment relations, digitalisation at work, diversity and inclusion
- Completed my PhD in 2018
- Previously worked at the University of Liverpool Management School and Leeds University Business School

Some points to consider....

- Time passes *relatively* quickly and everything tends to take longer than we expect.
- Studying a PhD is a great opportunity to read widely BUT keep writing.
- Track your references from day one.
- You are not alone.

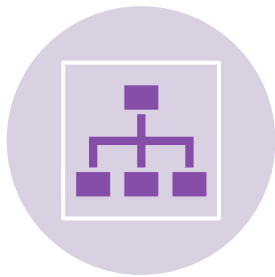
What are my main duties as your PGR Co-ordinator?

- Participating in PGR recruitment and selection (admissions and funding);
- Acting as a local contact for PGR well-being and academic matters;
- Acting as a liaison between PGR students and academic staff;
- Overseeing midyear and annual reviews;
- Mediating and offering Completion Support;
- Promoting PGR activities and a supportive PGR environment

Let's get to know you :)

- What's your name?
- Where are you from?
- What's your area?
- Your research topic in one sentence
- What's something you like to do outside of work?

About the divisions



**People, Management
and Organisations
(PMO)**



Management Sciences
and Marketing (MSM)

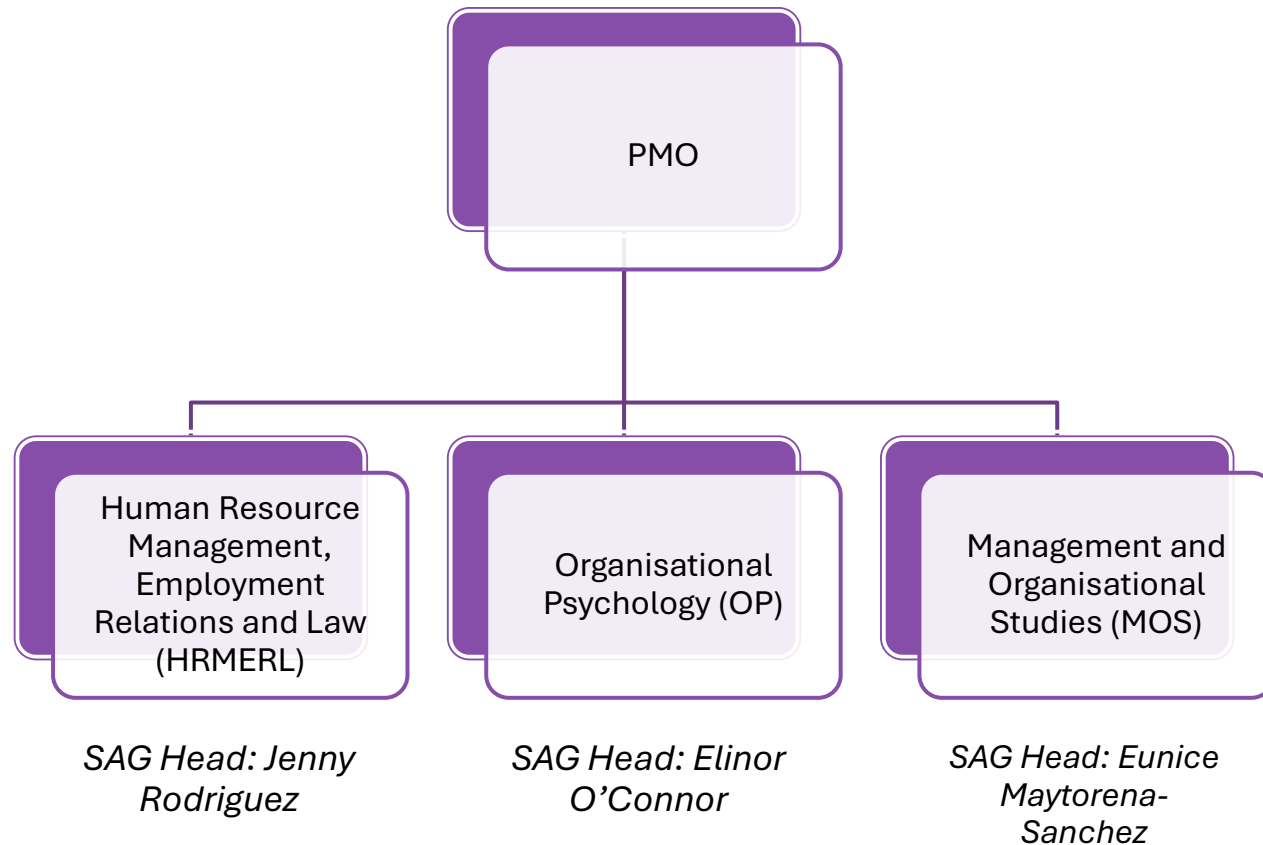


Accounting and
Finance (A&F)



Innovation,
Management and
Policy (IMP)

PMO's structure and key people



- **Head of Division:** Daniel Nyberg
- **Deputy HOD:** Sheena Johnson
- **Associate Head of Teaching:** Arjan Kaizer
- **Associate Head of Research:** Emma Hughes
- **PGR Co-Ordinator:** Kara Ng

Important documents



Humanities and AMBS PGR Handbook:

<https://livemanchesterac.sharepoint.com/sites/UOM-HUM-DA/PGR-Handbook>



AMBS RTP Handbook:

<https://documents.manchester.ac.uk/DocuInfo.aspx?DocID=73409>



AMBS MRes Handbook:

<https://documents.manchester.ac.uk/DocuInfo.aspx?DocID=73410>



HUMS Doctoral Academy Padlet: <https://manchester.padlet.org/mdeasjb3/faculty-of-humanities-doctoral-academy-online-noticeboard-g99aa3jb6ry1d1y7>

Some advice



Make the most of your community!

Socially – don't isolate yourself
Academically and Intellectually – don't just focus on your topic and ignore the outside



Complete all your paperwork on time

You will probably have to chase your supervisors!



Think about your post-PhD options sooner rather than later!

We have a Careers Services Centre
(<https://www.careers.manchester.ac.uk/postgraduates/>)
Speak with your supervisors



Keep good records of your supervision meetings

Discuss whether you want to share notes with your supervisors so that you are all on the same page



Don't be afraid to ask for help

PhDs are tough and isolating, even for the brightest and "best" scholars
There is no shame in seeking help

Helpful contacts

- **Doctoral Academy:** Ground floor, Ellen Wilkinson Building ([0161 275 1200](tel:01612751200); see Padlet for specific email addresses)
- **PGR Co-Ordinator for PMO:** Dr Kara Ng (kara.ng@manchester.ac.uk)
- **Postgraduate Research Coordinator (Progression & Welfare):** Lynne Barlow-Cheetham (HUMS.doctoralacademy.support@manchester.ac.uk)
- **PGR Well-Being site:** <https://www.studentsupport.manchester.ac.uk/tailored-support/pgrstudents/>
- **UOM Counselling and Mental Health Services:** <https://www.counsellingservice.manchester.ac.uk/pgr/>
 - Has their own PGR services and workshops...!



MANCHESTER 1824
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Student Support

Search

Student Support / Tailored support for specific communities / PGR students

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< Tailored support for specific communities

✓ PGR students

Developing Your Academic Identity

Managing Professional Relationships

Maintaining a Work Life Balance

Making Progress and Making the Most of Your Time

Making Connections and Creating Communities

University Support Services

PGR Wellbeing

Staying **healthy mentally as well as physically** during your postgraduate research can help you achieve your **full potential and, most importantly, enjoy the experience**. Your PGR experience should be exciting and rewarding. However sometimes things **may feel difficult and overwhelming**, and you may find yourself facing challenges you have not encountered before in your academic experience.

The University offers a wide range of services to support your wellbeing and mental health – and they aren't just for undergraduates. In addition to the specialist support and services provided by the **Counselling and the Mental Health Service** and the **Disability, Advisory and Support Service** provided here are resources and information aimed specifically at postgraduate researchers.

The sections here focus on the different aspects of the postgraduate research journey and within each section there are resources and guidance aimed at supporting your wellbeing and further below are details of **wellbeing resources tailored to and designed for the PGR community**.

Our resources have been informed by the findings of the Research England/Office for Students funded PGR Wellbeing Project, here is a **short video update** on the progress and impact of this project.

Developing your Academic Identity
Read more >

Managing Professional Relationships
Read more >

Maintaining a Work Life Balance
Read more >

Making Progress and Making the Most of Your Time
Read more >

Making Connections and Creating Communities
Read more >

University Support Services
Read more >

Resources on Wellbeing for PGRs

The **wellbeing resources** below are aimed at and designed specifically for postgraduate researchers.

The Wellbeing Thesis

Six Ways to Wellbeing for PGRs

Wellbeing Flowchart for PGRs

New to postgraduate research

Save the date! – PMO Coffee Get Together

Wed, 2 Dec 2026, 3PM @ AMBS 3.008

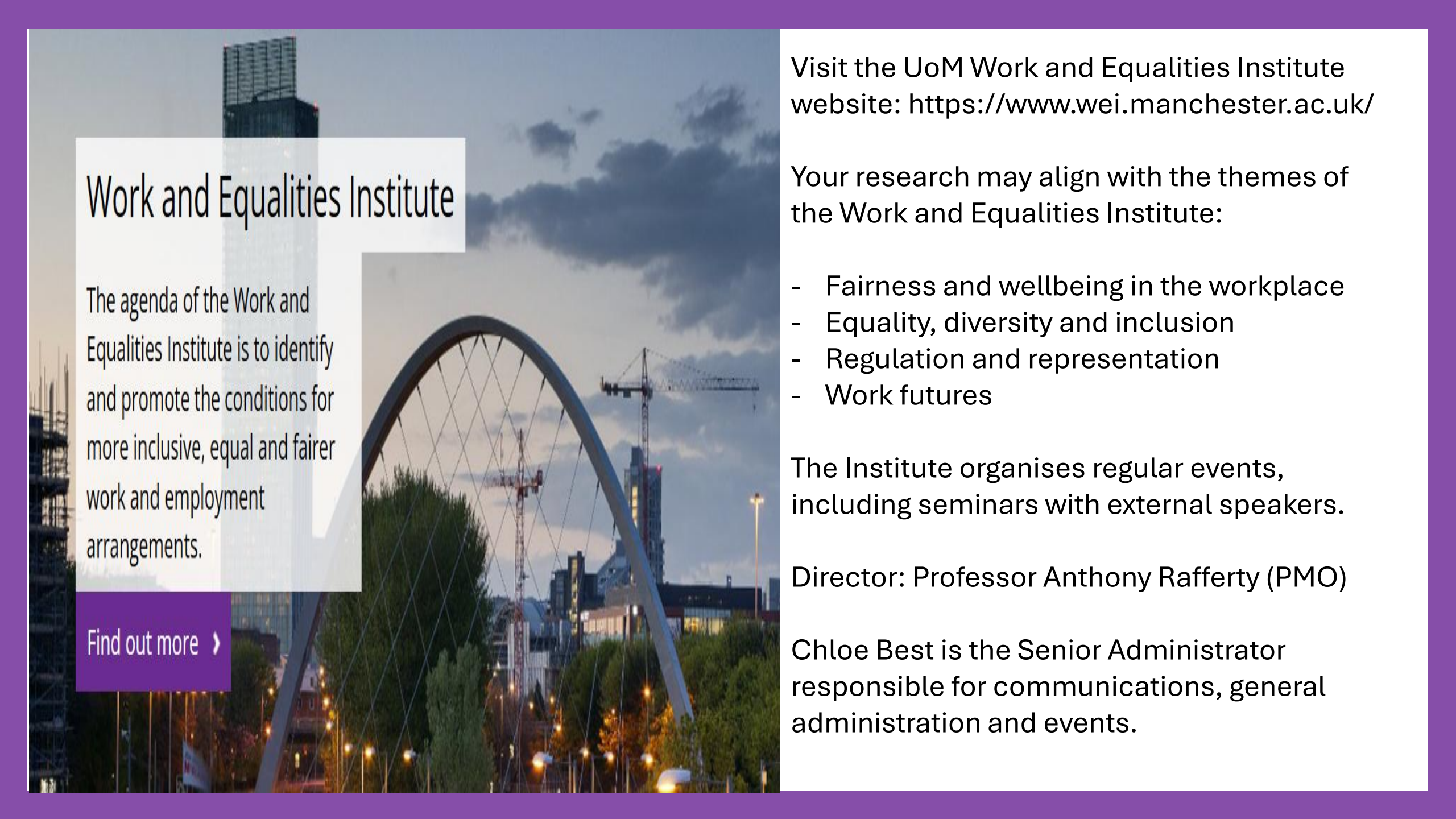
A casual coffee social for PMO PGRs and their supervisors

Invitation to be sent shortly



Some of my responsibilities as AHoR

- Fostering a research culture through organising events such as *EDI Impact* and *Navigating Academia with Asian Scholars*.
- Working with Kara to deliver sessions specifically for PhD students (e.g., Kara and I held a careers and CV clinic session in July; I will also attend the December coffee morning).
- Organising peer-feedback sessions for colleagues to share a full draft of a journal article.
- Supporting colleagues with research-related issues that they may wish to discuss with me.
- Communicating research updates to colleagues.
- Happy to chat: emma.hughes-3@manchester.ac.uk



Work and Equalities Institute

The agenda of the Work and Equalities Institute is to identify and promote the conditions for more inclusive, equal and fairer work and employment arrangements.

Find out more ➤

Visit the UoM Work and Equalities Institute website: <https://www.wei.manchester.ac.uk/>

Your research may align with the themes of the Work and Equalities Institute:

- Fairness and wellbeing in the workplace
- Equality, diversity and inclusion
- Regulation and representation
- Work futures

The Institute organises regular events, including seminars with external speakers.

Director: Professor Anthony Rafferty (PMO)

Chloe Best is the Senior Administrator responsible for communications, general administration and events.



All the best!!

Have a great rest of induction 😊

kara.ng@manchester.ac.uk