

## **HOW IT WORKS**

- Sign into Zoom, say hello to peers and colleagues, and state your goal 5 minutes
- Work with focus (no distractions, just time to get it done) 50 minutes
- Regroup to share progress 5 minutes
- Sessions will be facilitated by Dr. Dawn Comeau (Emory Rollins School of Public Health)



## WHAT YOU MIGHT WORK ON

- Outline a literature review
- Draft or revise a manuscript section
- Prepare an email to collaborators or research teams
- Prepare or complete an IRB protocol
- Draft specific aims
- Polish a presentation
- Any task that you have delayed starting...

You'll leave the session with some progress, momentum for your next step, and the chance to connect with peers and colleagues.



Thursday, Sep. 11, 12-1pm Wednesday, Sep. 24, 4-5pm Friday, Oct. 3, 12-1pm Wednesday, Oct.15, 10-11am

Zoom: https://zoom.us/j/95083281661

## ADD TO CALENDAR





Built-in accountability, and a focused hour to move your work forward!

Join one, several or all sessions.