



Advancing Research 2021 by Rosenfeld

@advancingresrch #AR2021
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THEME 1: Researchers Thriving in the Organization led by Steve Portigal

You Are a Badass at UX Research

FOR ME: Brave, powerful... feeling it in my body

MEGAN KIERSTEAD

Researcher, Educator and Coach
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YOU DECIDE WHAT WORD
makes YOU feel empowered
AUTHENTIC TO/FOR YOU *there is no committee!*

Our goal (as researchers)
is to INFLUENCE
people... so we need
to believe...

✓ IN OURSELVES, ✓ OUR PROCESSES

IDENTITY

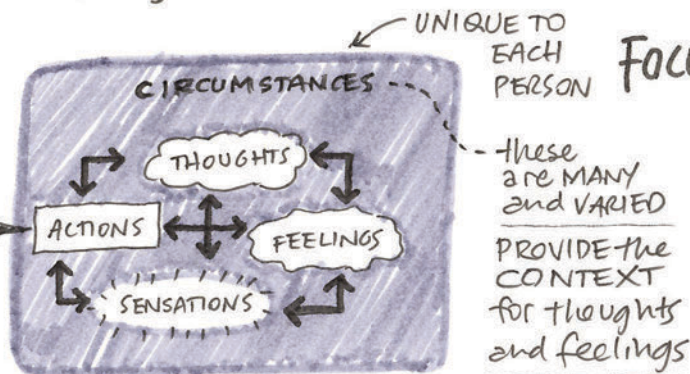
Self-doubt

"GOOD JOB!"

"YOU NEED
TO WORK ON
THAT"

SHIFT
the
"SWINGS"

A lot of
people --
START
HERE



Self-doubt and insecurity
are FEELINGS created
by THOUGHTS in a particular
set of CIRCUMSTANCES.

THE ONLY THING HOLDING YOU BACK
IS HOW YOU THINK ABOUT YOURSELF.

How would you need
to feel to believe
you are a superhero?

RESOURCES for THOUGHT-WORK

podcasts
KARA LOEWENTHEIL *Unfuck Your Brain*
THE LIFE COACH SCHOOL

**LIVE the
LIFE**
you want
and
can imagine
for yourself!

YOUR STORIES of "I am
not enough" are often
internalized context
external

Focusing on our THOUGHTS &
FEELINGS and shifting
those is where you find
access to change.



IDEAL QUALITIES Self Assessment

1. List the **QUALITIES** you want to embody
as a researcher (no more than 10)
2. Rate yourself on a 7-10 scale HOW MUCH DO YOU
FEEL YOU EMBODY THE QUALITIES **TODAY**
3. For each quality, ask yourself:
 - WHY did I rate myself as I did?
 - What would I need to **believe** to rate a 10?

Start paying attention to
Your thoughts.

LOOK for OPPORTUNITIES to
embody and think those
"10" thoughts.

