



Advancing Research 2021 by Rosenfeld

@advancingresrch #AR2021
10 March 2021



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
@megkierstead

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...

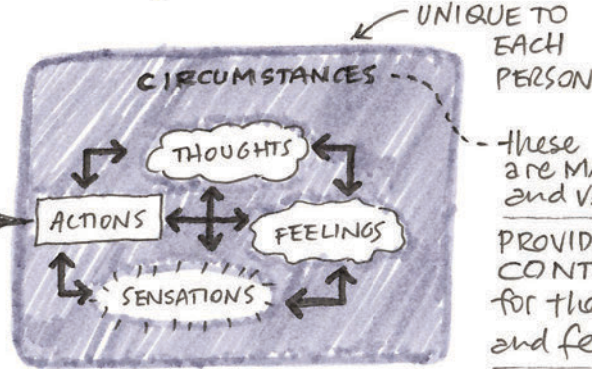
IN OURSELVES, OUR PROCESSES

IDENTITY

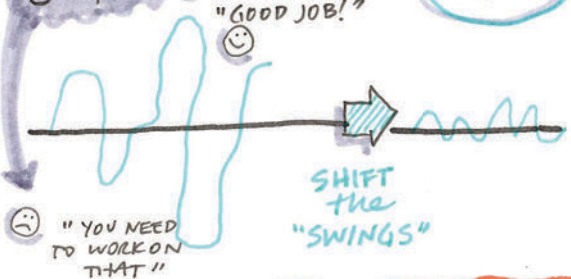
Self-doubt

"GOOD JOB!"

A lot of people START HERE



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



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

IDEAL QUALITIES Self Assessment

1. List the **QUALITIES** you want to embody as a researcher (no more than 10)
2. Rate yourself on a 1-10 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?

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

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

LIVE the LIFE you want and can imagine for yourself!

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

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

- RESOURCES for THOUGHT-WORK
- podcasts
 - KARA LOEWENTHEIL Unf*ck Your Brain
 - THE LIFE COACH SCHOOL