

# Dr Zoë J. Ayres

**Mental health advocate and speaker**

[www.zjayres.com](http://www.zjayres.com) | Twitter: @zjayres

<https://voicesofacademia.com/>

**About:** Zoë is a scientist by day, but after experiencing her own mental health struggles during her PhD does mental health advocacy work in her spare time, with a focus on improving academic research culture, and supporting postgraduate students through their PhD journey. Her talks focus on both research and statistics, as well as lived experience.



Dr Ayres is a co-founder of Voices of Academia, a blog and podcast dedicated to giving voice to those struggling with their mental health in academia. She is also the best-selling author of “Managing your Mental Health During you PhD: A Survival Guide” which was published in September 2022, with the internationally known publishing house Springer.

**Talk/timing restrictions:** For 2024, no bookings are being taken until July 2024 as Zoë will be on maternity leave. After this point there will be a limited number of speaking slots available (1 per month maximum). Once they are gone, they are gone! Booking for July onwards will open up in April 2024.

**Talk Fees (from January 2024):** Current fees are £750 GBP for a half an hour talk, and Q&A afterwards, which includes prep time. In some cases (e.g. charity work, solely student-led efforts) discounts or fee waiving may be possible, but paid work is prioritised.

## Talks available:

Talk Title	Target Audience	Topics Covered
Managing your mental health during your PhD	-PhD students	-Mental health statistics -Discussion on personal and environmental challenges -How to get help (focus on impostor syndrome, productivity etc)
The Academic Mental Health Landscape: From PhD to Professor	-PhD students -Academic Staff	- Mental health statistics - Tips and tricks to improve mental health from personal and institutional levels
Academic Mental Health: Towards Improving Research Culture	-PhD students -Academic Staff	-Mental health statistics -Outline of issues that need improvement -Discussion on actionable steps for improvement
Managing your Mental Health: A Conversation I wish I could have with my younger self	-PhD students -Can be extended to other audiences	-A more personal exploration of Dr Ayres's experience and then moving towards tips and tricks to manage mental health
Self-care as Scientists	-Scientific Audience	-Mental health statistics -Why investing in self-care is important -How to access resources

Other talk topics are possible for additional fee, so if you have a specific request please get in touch.