

# 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 Senior 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 currently writing “Managing your Mental Health During you PhD: A Survival Guide” which will be published in Autumn 2022, with the internationally known publishing house Springer.

**Talk/timing restrictions:** Due to the pandemic, Dr Ayres is only taking part in online speaking opportunities for 2022. Further, given her day job, Dr Ayres has speaking time restrictions, meaning that she typically does talks between 12-1pm or outside of 9-5pm UK time, for international speaking events. She does several talks per month, and it is not unusual for her to be booked up 3 months in advance.

**Talk Fees (from January 2022):** Current fees are £500 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.

## 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
Improving the Research Culture to support Mental Health	-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, so if you have a specific request please get in touch.