

The Career Challenge: Professional development

My journey from fresh to salty water

International Women's Day

Nina Rivers

18 August 2021

PhD (knowledge sharing and food and water security) →
NGO (freshwater governance) →



Consulting (freshwater governance) →



An intentional decision to pivot from freshwater to marine and coastal governance

Postdoc in coastal and marine governance



Re-joining academia: some challenges

- Learning a new sector
- Learning a new institutional system (NMU)
- New boss/supervisor
- Mindshift from PhD student to early career researcher
- Imposter Syndrome
- The Fear: publish or perish
- Finding time to read and write
- Learning how to say no, dealing with FOMO and knowing what is strategic
- Excellence versus just getting things done
- Trying to work smartly (shallow versus deep work-Cal Newport)
- Conversations with peers regarding work challenges
- Find a mentor
- Ask for help
- Get a dog

