**Testimonial on The PhD Life Raft Summit (April 2022) by PhD student Shanika Ranasinghe**

"The first PhD Life Raft summit (April 2022) was AMAZING! I wasn't too sure what to expect when signing up: I know from being a RHUL School of PDA student that Emma does incredible work with PGRs but some of the sessions felt super-relevant whilst others less so. In particular, there was one about 'activating self-kindness' and it just sounded a bit too corny for me. Due to work commitments, I ended up attending sessions I hadn't planned to, like 'Are your supervisors behaving like animals?', as well as the 'activating self-kindness' one: these were total game-changers for me, in terms of rewiring and rejuvenating my thesis mindset.

It was a really powerful experience to be in a room full of inspiring people - students and facilitators alike - and I'm really excited to attend the summit again. The programme is different but is still a great mixture of writing spaces, guest speaker sessions, and even PhD speed-dating! It was a really welcome change to see and hear PGR students talking openly and honestly in a confidential space about how things are going for them. But the best thing about this summit is that it was absolutely FREE to attend - and if you couldn't attend 'live' on Zoom, replay videos were available for the 48 hours afterwards! So you can come and go as you please! I'd thoroughly recommend the experience: think of it as holistic CPD!"