

**Testimonial from PGR Larastri Kumaralalita following the Autumn term Alumni Speaker event with Dr Harvey Moyne.**

'I found that the event delivered many important takeaways, especially to those in the mid or final year who are preparing transitions from academic to work. The final year might be an overwhelming year and full of uncertainty. Many of Dr. Moyne's stories resonated with my own.

He also delivered it well and brought up my own confidence to embrace the transition. It helped me to cope with my anxiety about the final year and be more positive.

I would recommend the event because hearing the alumni story is helpful as a head-up and a reference to prepare our own strategy.

The event was also streamed through Ms. Teams, which gave more accessibility.'

---

**Testimonial from PGR Isabelle Verhulst following the Spring term Alumni Speaker event with Dr Saz Ahmed**

'I found it interesting to hear about her journey through her PhD, postdoc roles and working for a large research charity, which helps to understand different post-PhD options better. Thank you.'

---

**Testimonial from PGR Jessica Savage following the Spring term Alumni Speaker event with Dr Saz Ahmed**

'For me it was really interesting (and reassuring!) to see that a career path is not linear, and all planned out at the start, but that to some extent you rely on available positions at the time, and showed the importance of your network. I really enjoyed the talk.'

---

**Testimonial from PGR Adriana Dias following the Spring term Alumni Speaker event with Dr Saz Ahmed**

'This event was extremely valuable because it was the first time, I got to hear of first-hand experience of someone that had pursued a PostDoc and then decided to leave academia. These discussions have allowed me to think carefully about what I wish to do after my PhD and that is why I would recommend other PGRs to attend these sessions.'