

An international research journey



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My research interests

Sense of Agency

Feeling of being in control



Metacognition

Monitoring our thoughts



Decision-making



Learning

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Learning

My research journey

PT GB US BE FR GB

High School
(2007)



Lecturer in Cognitive
Neuroscience (2019 -)



My research journey

PT GB US BE FR GB

High School
(2007)



UK	US
Lecturer	Assistant Professor
Senior Lecturer / Reader	Associate Professor
Professor	Professor

Lecturer in Cognitive
Neuroscience (2019 -)



My research journey

PT

GB

High School
(2007)

AFS Exchange in Liverpool
Year 1 of A levels
(6 months, 2004-2005)



My research journey

GB

BSc (Hons)
Psychology
(2010)



Y1 of BSc (Hons)
Forensic Psychology

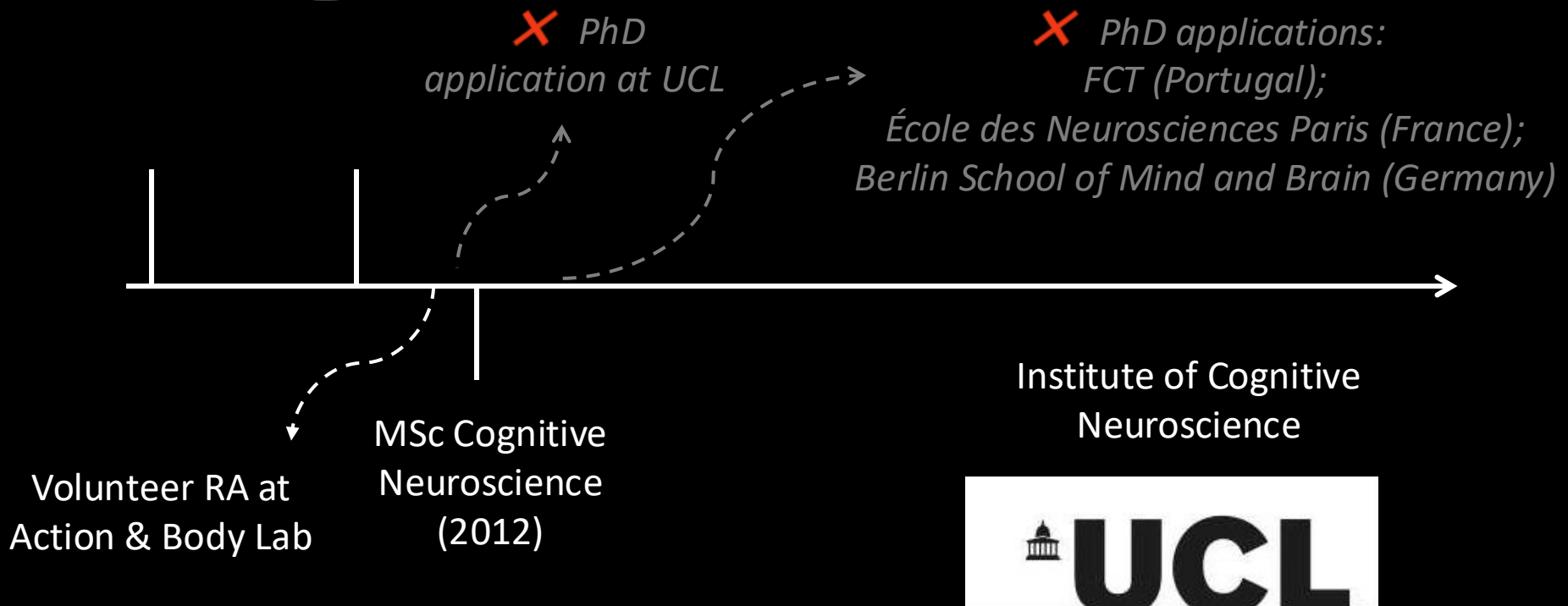


Volunteer RA at Auditory
Neuroscience Lab (in Y3)



My research journey

GB



My research journey

GB

US



Visiting Researcher
Bogue Fellowship
(5 months, 2015)

MSc Cognitive
Neuroscience
(2012)

PhD Cognitive
Neuroscience
(2016)

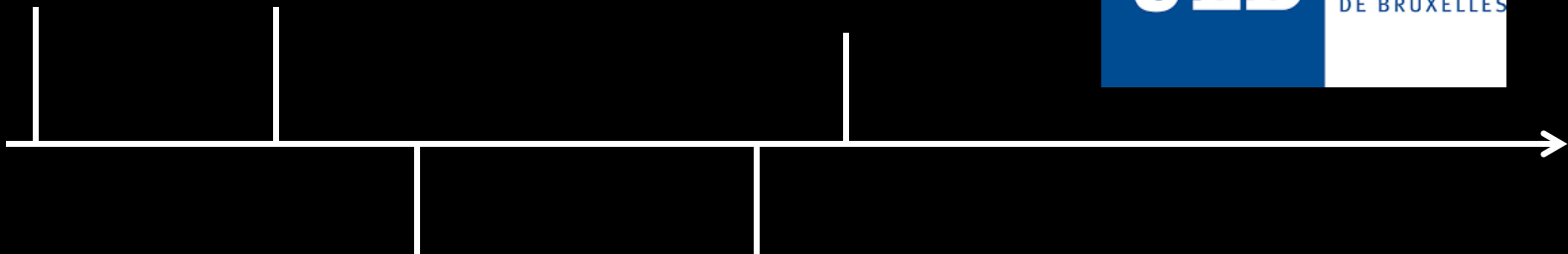
Institute of Cognitive
Neuroscience



My research journey

BE

Postdoc
(6 months, 2016)



My research journey

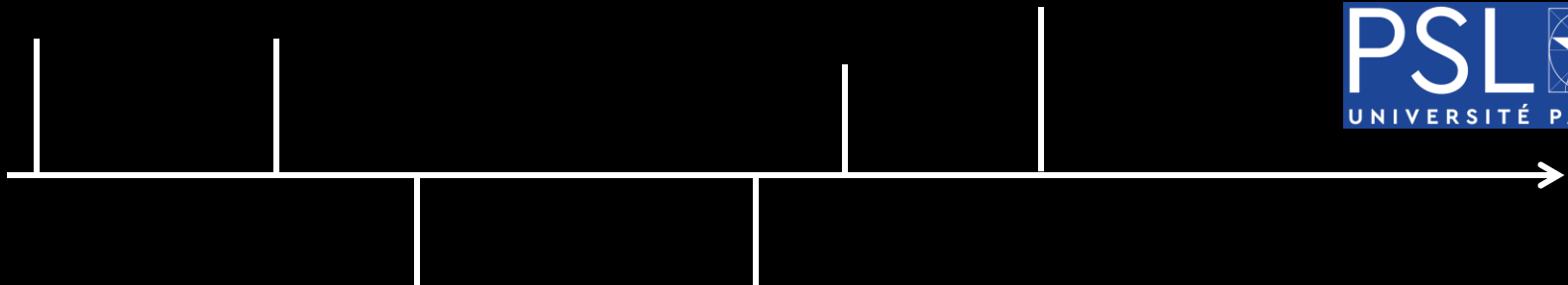
FR

Fyssen Foundation
Postdoc Fellowship
(2016-2018)



Institut | Nicod

CNRS-EHESS-ENS



My research journey

FR

Fyssen Foundation
Postdoc Fellowship
(2016-2018)



Institut | Nicod

CNRS-EHESS-ENS



- Co-organised “Women in Science” panel
- Co-founder and Chair of the DEC Equality & Diversity Committee



My research journey

FR



île de France

LNC²

Postdoc
(2018-2019)



DEC
DÉPARTEMENT
D'ÉTUDES
COGNITIVES



 Postdoc Fellowships:

*NWO VENI Grant; Amsterdam Brain & Cognition Talent Grant (Netherlands);
Marie Skłodowska-Curie Individual Fellowships (UK);
Sir Henry Wellcome Postdoc Fellowship (UK)*

My research journey

GB

New Investigator
Grant (2020 - 2023)

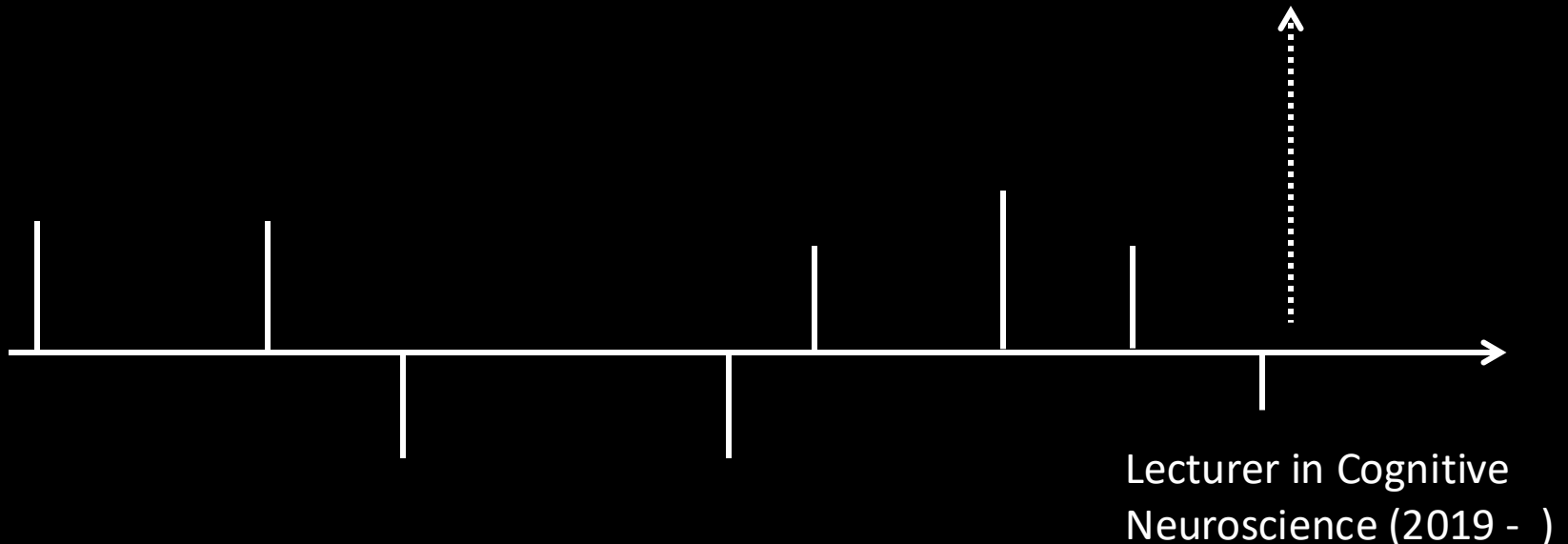


Lecturer in Cognitive
Neuroscience (2019 -)



My research journey

- Member of leadership team & later Chair of WiCS-Europe (2019 -)
- Chair of Psychology Equity, Diversity & Inclusion Team, RHUL (2022 -)
- Chair of Gender Equality Group, RHUL (2025 -)



Lessons Learned

- Value of working in different labs / countries
 - Reveals what you take for granted, hidden assumptions
 - What you value, what is/was missing...
 - Brings different perspectives, experiences to you and others
- Learning about the different academic systems, & daily living experience, informs your future decisions of where to go next
- Importance of asking questions, asking for help, needed to navigate new places / systems, which is also a way to develop new connections

Tips for EDI / Research Work



Find your allies / mentors

- Build *relational power*, “power with” others to help you create change, convince decision-makers/higher ups



Work in a (diverse) team

- “two heads are better than one”, share the work, supports progress and longer-lasting impact



Prepare for resistance / rejections

- Arguments, data... + allies, wider networks. Get support navigating tensions, finding other ways (other allies, decision-makers, initiatives)

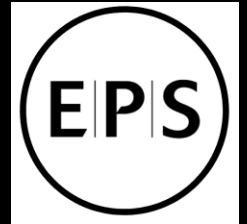


“Just do it”

- Don’t wait for others to start/lead, for the “best” idea, clearest data, most evidence-based initiative... Start somewhere – find examples out there to replicate/adapt – and gather data for monitoring/evaluation

Example Opportunities / Resources

- EPS Study Visit Grants (max: £3,500):
Postgrad or Postdoc (within 5 years) for visit
to / from / within the UK
<https://eps.ac.uk/study-visit-grants/>
- L'Oréal For Women in Science National and
Regional Programs
<https://www.forwomeninscience.com/map/>
- Mental Health Neuroscience Lab's List of ECR
Prizes & Fellowships
<https://www.nordlab.co.uk/equality-diversity>



Thank you!

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