

Researcher Wellbeing: Tears, Tantrums and User Testing

INTRODUCTION

Hello! 🖐️

We are User Researchers who
focus on digital transformation in
the public sector

linkedin.com/in

[/rae-bradley-design](#)

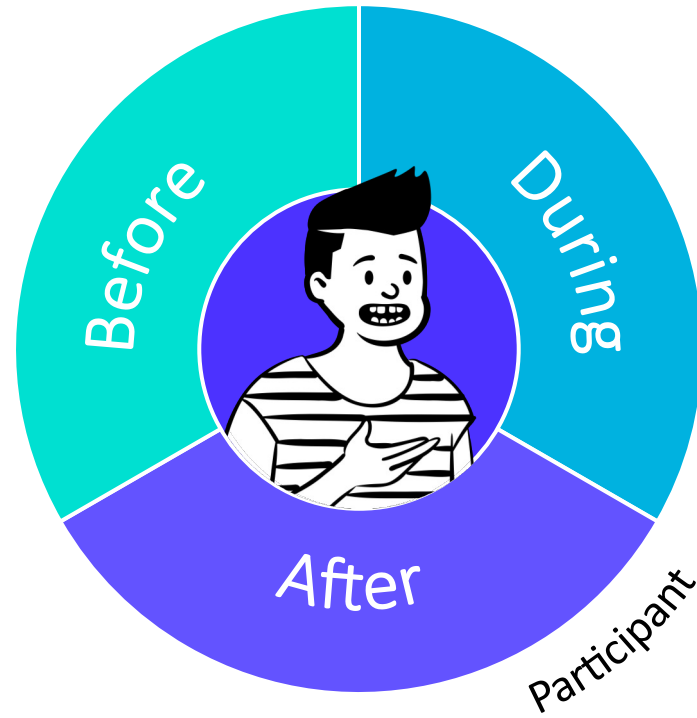
[/huzna-budaly](#)

Huzna Budaly

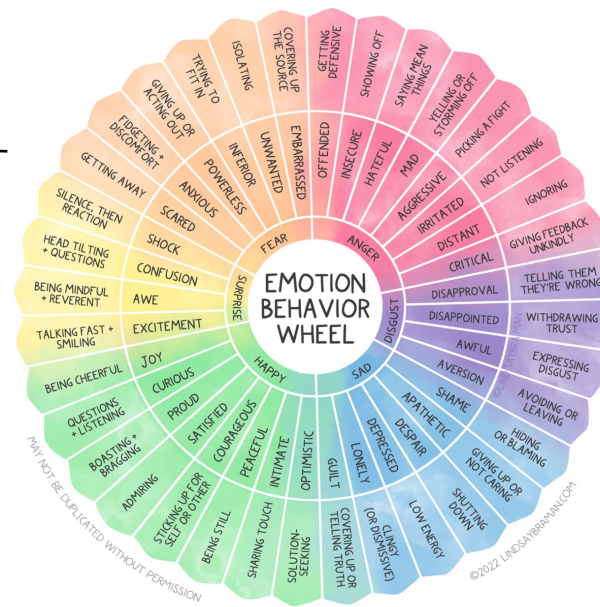
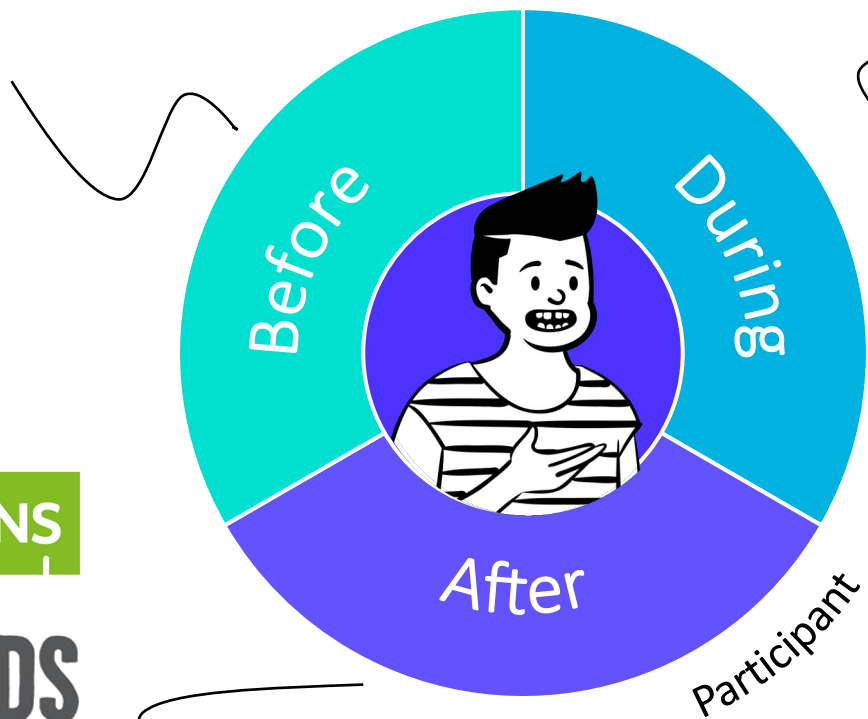
Rae Bradley



INTRODUCTION



INTRODUCTION



SAMARITANS

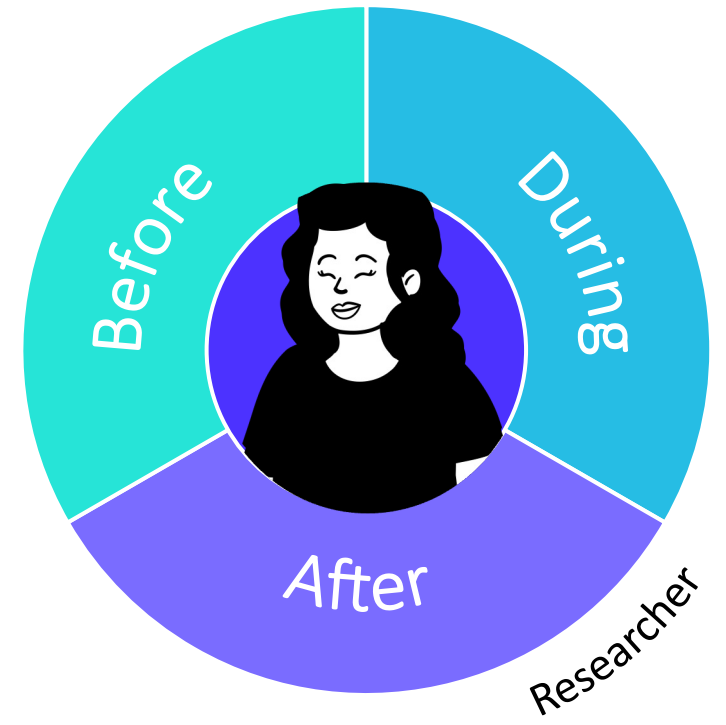
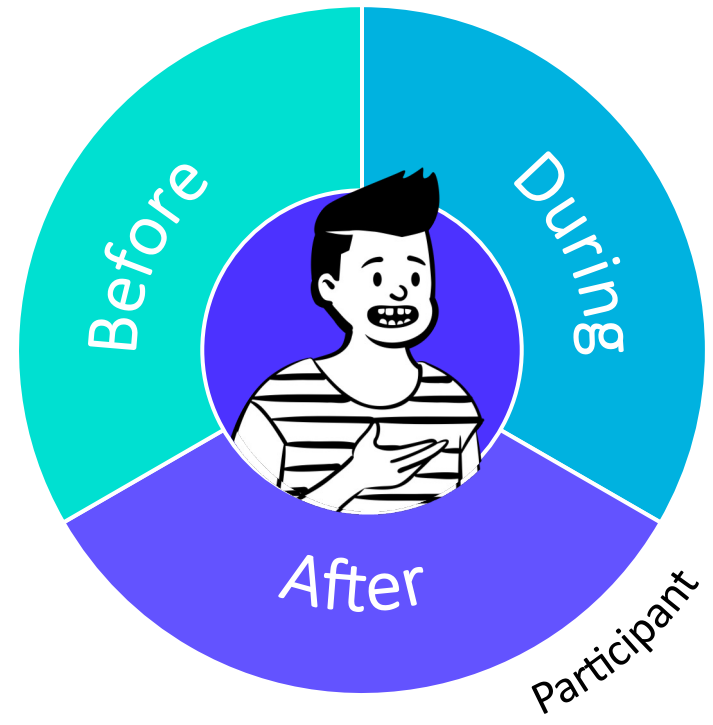
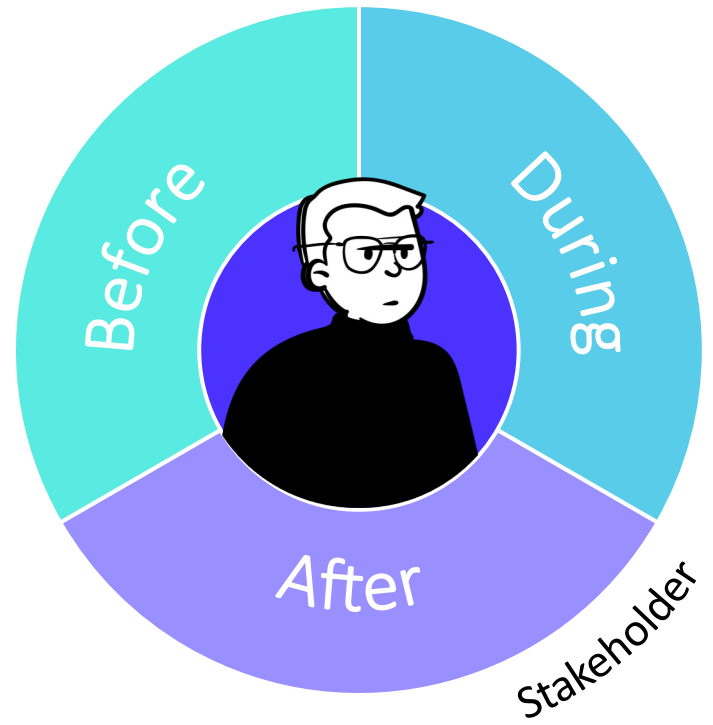


YOUNGMiNDS

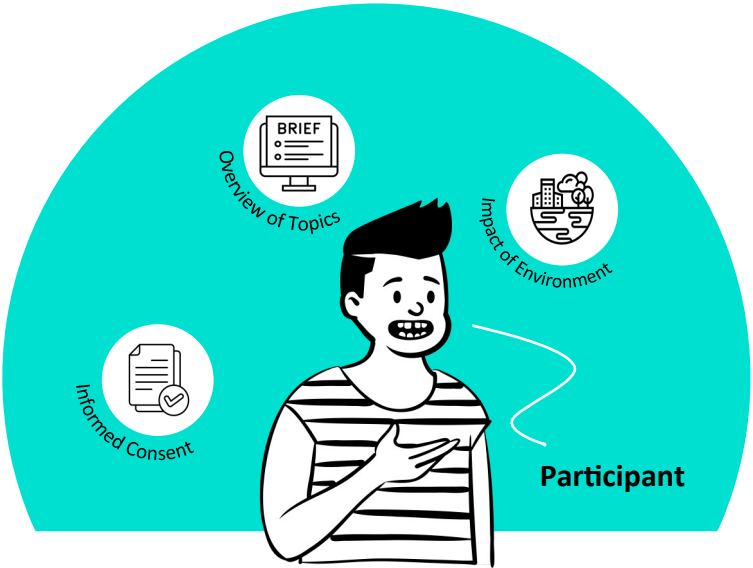


**Building
stronger
families**

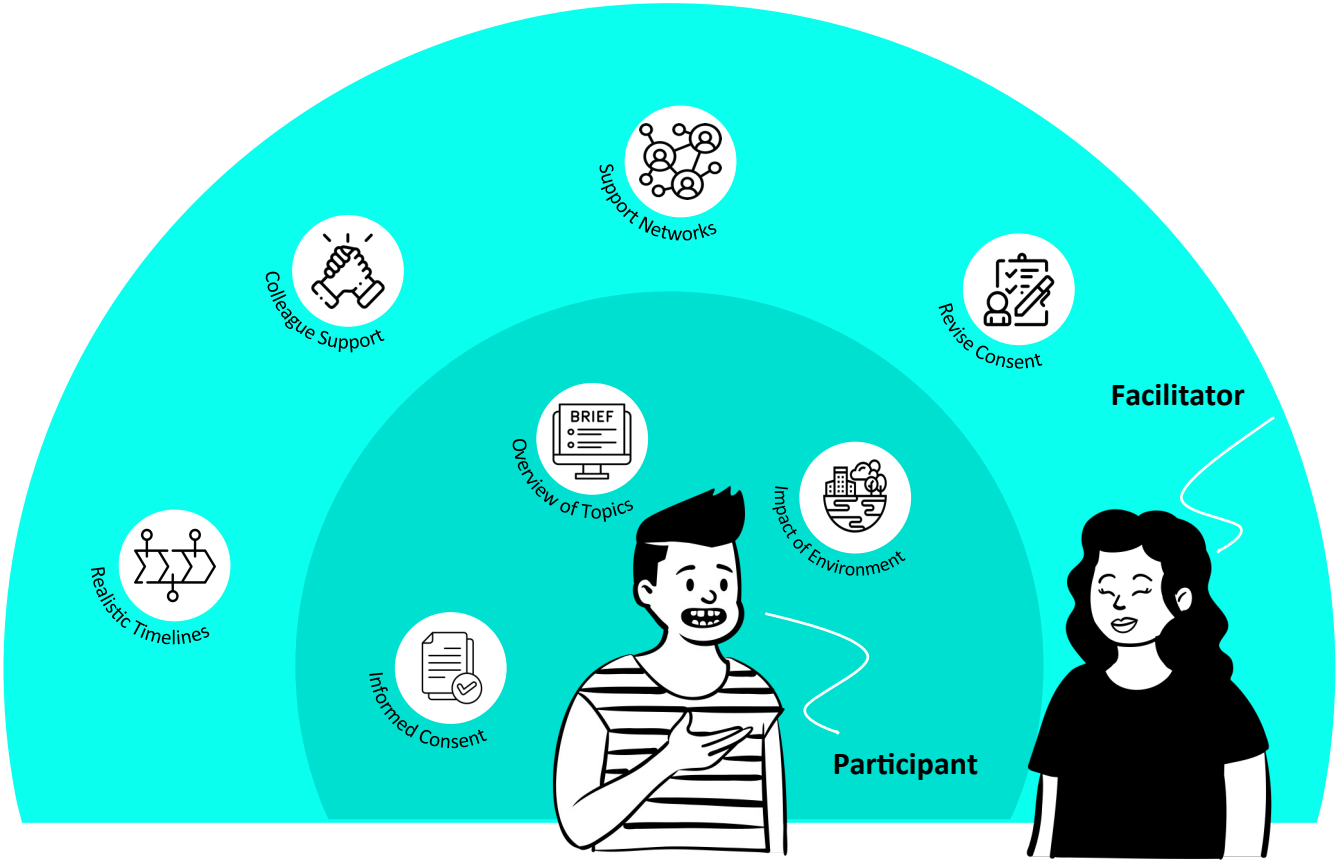
INTRODUCTION



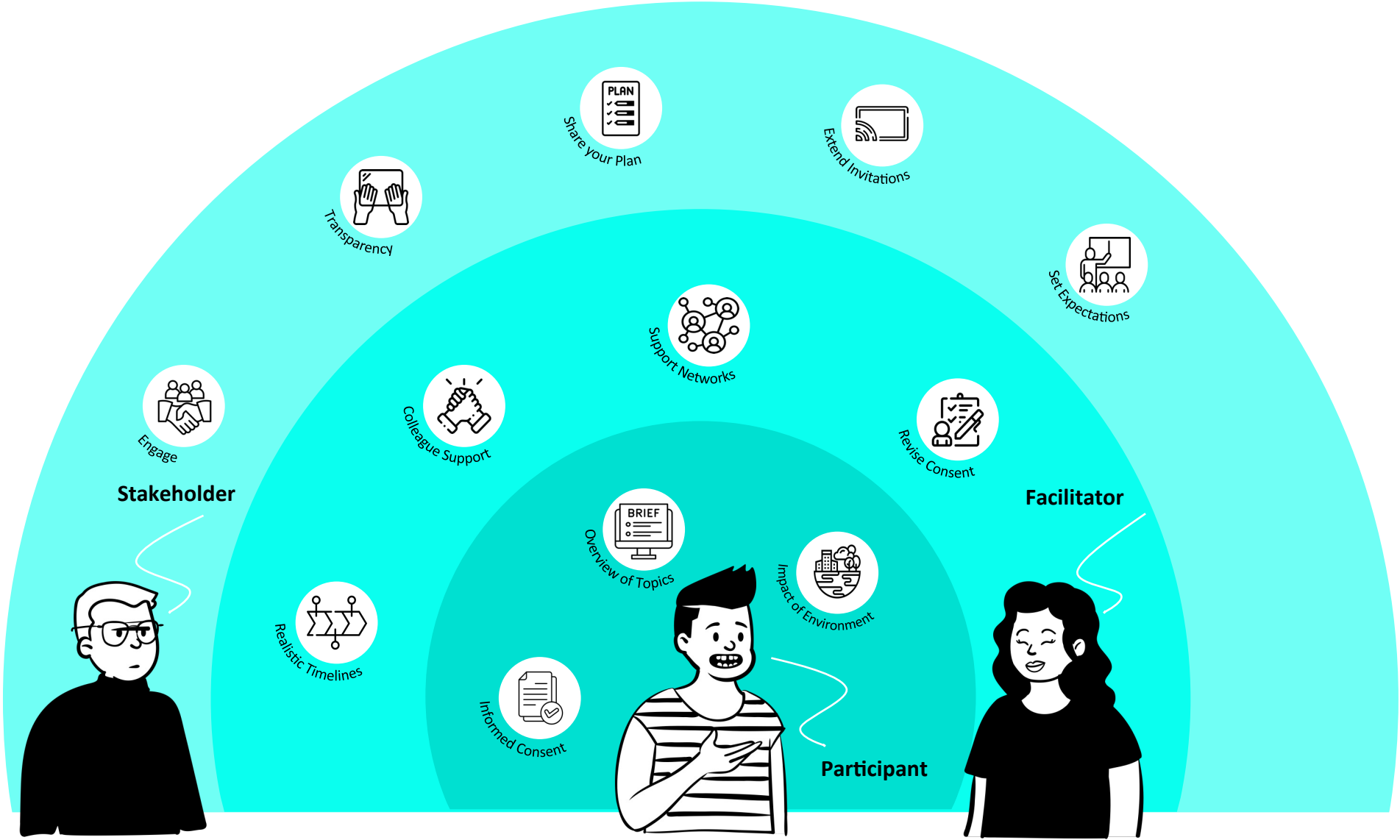
BEFORE



BEFORE



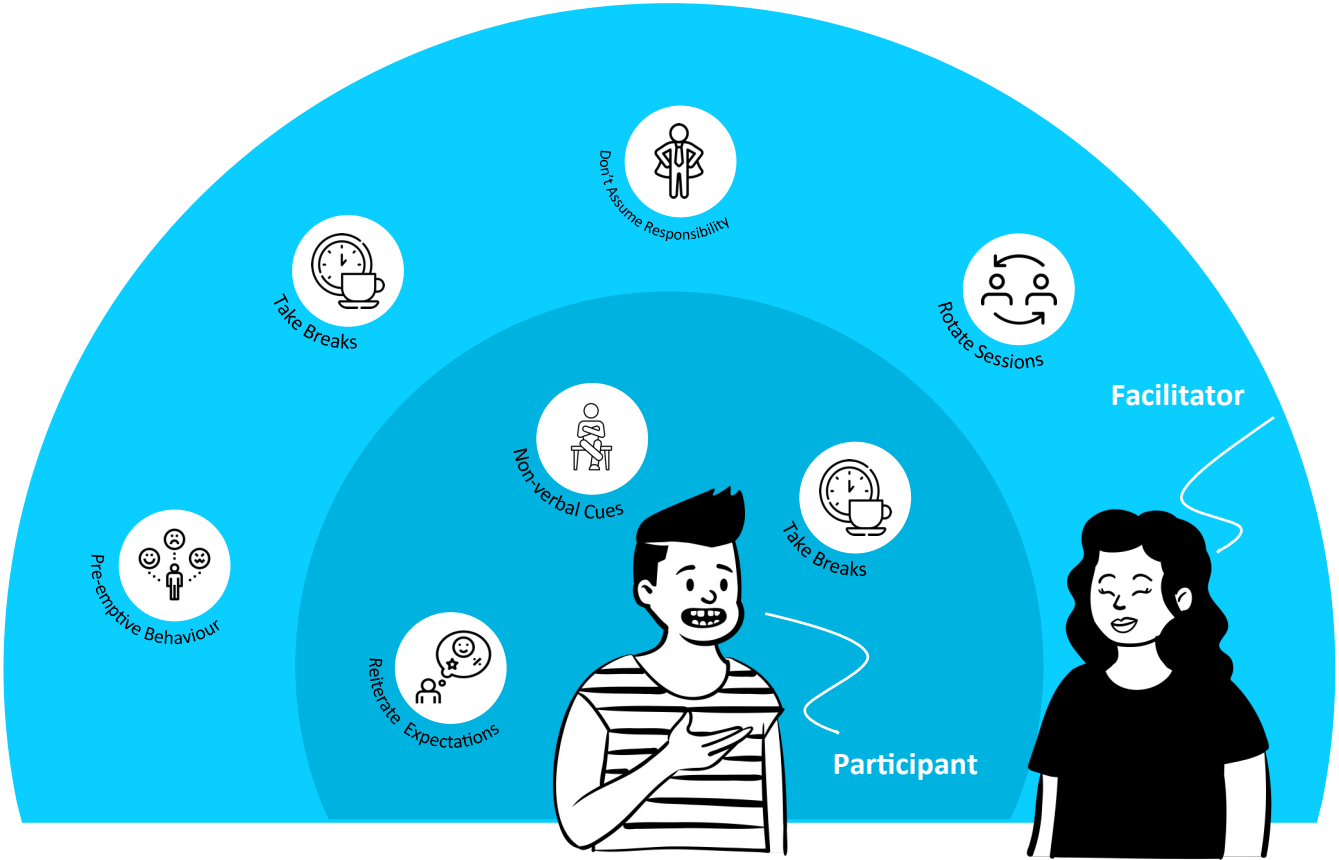
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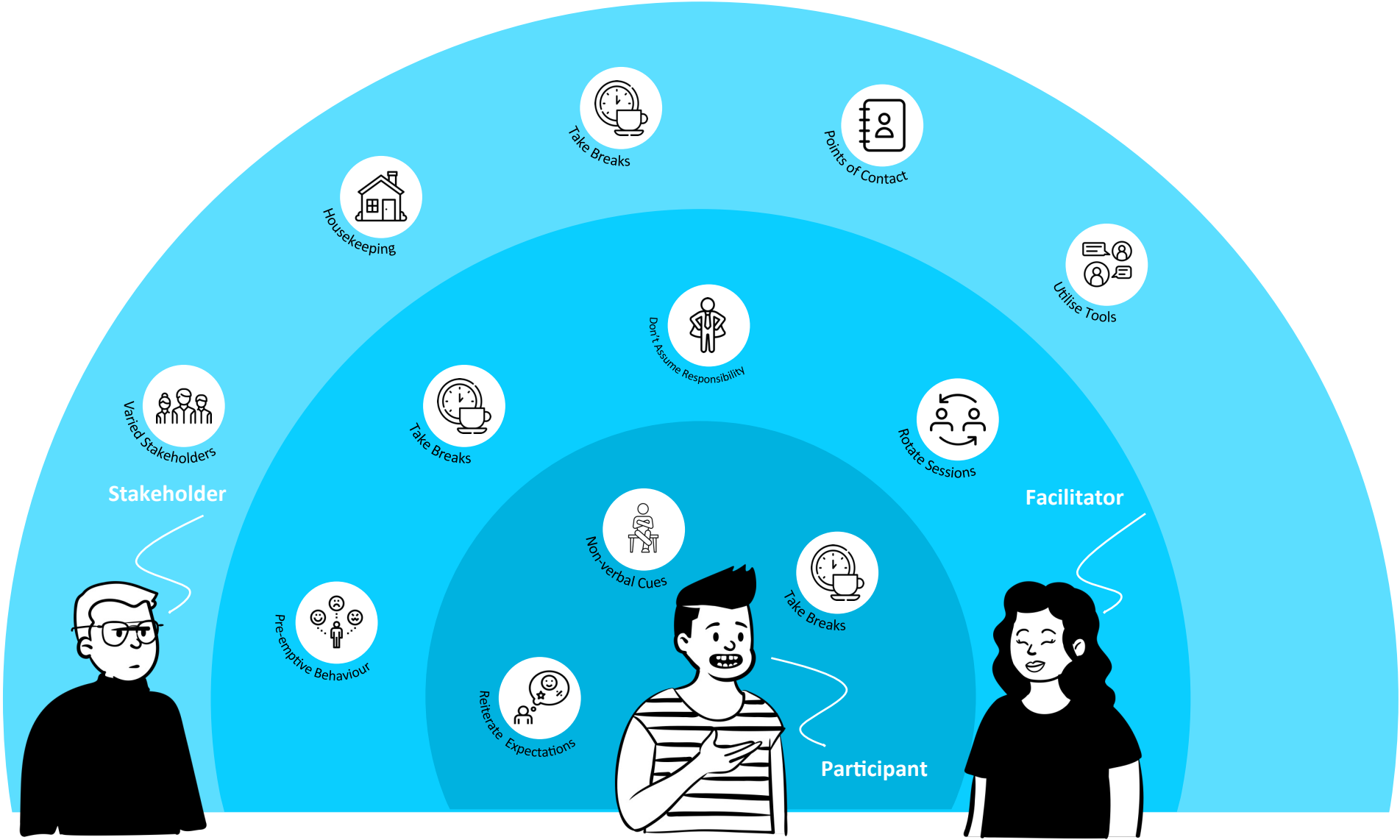
DURING



DURING



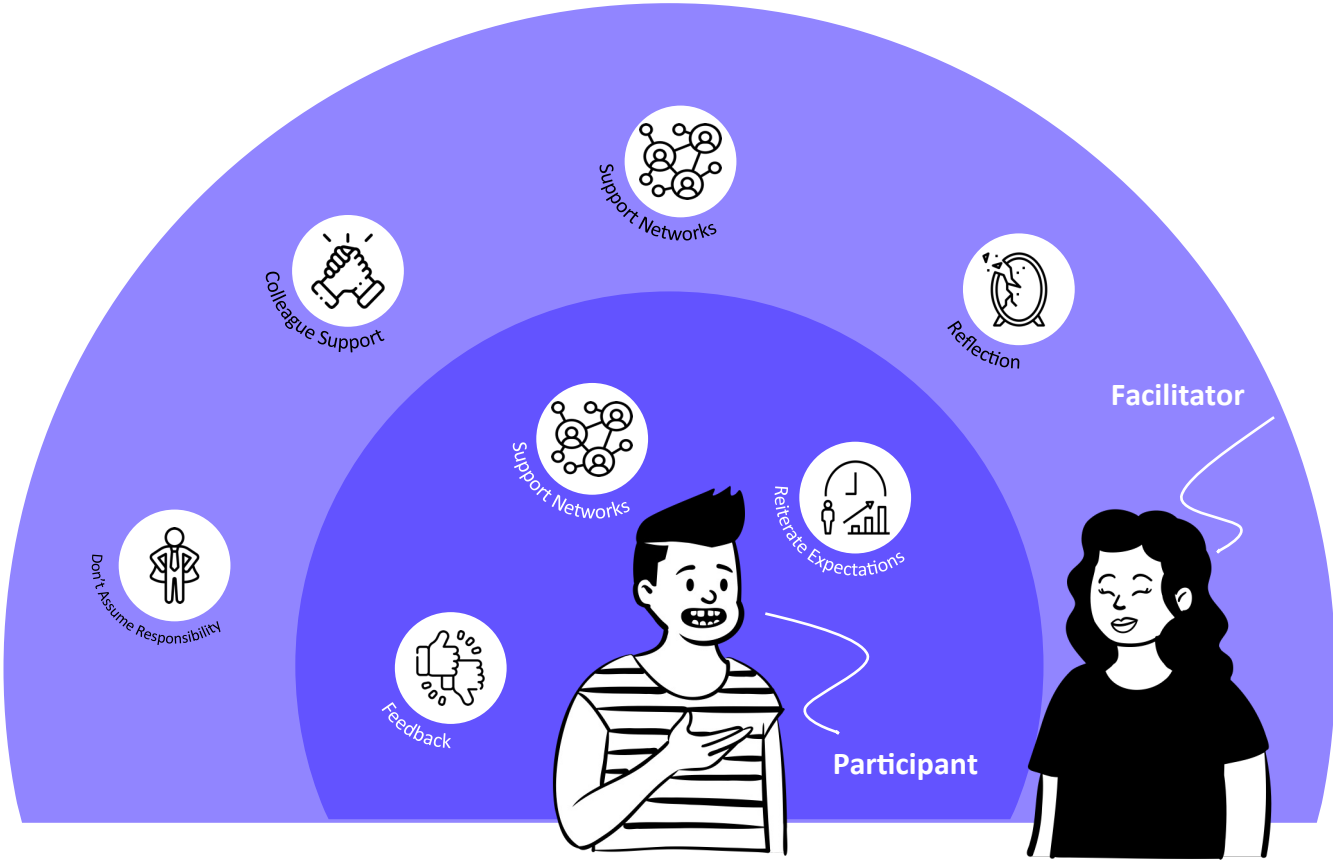
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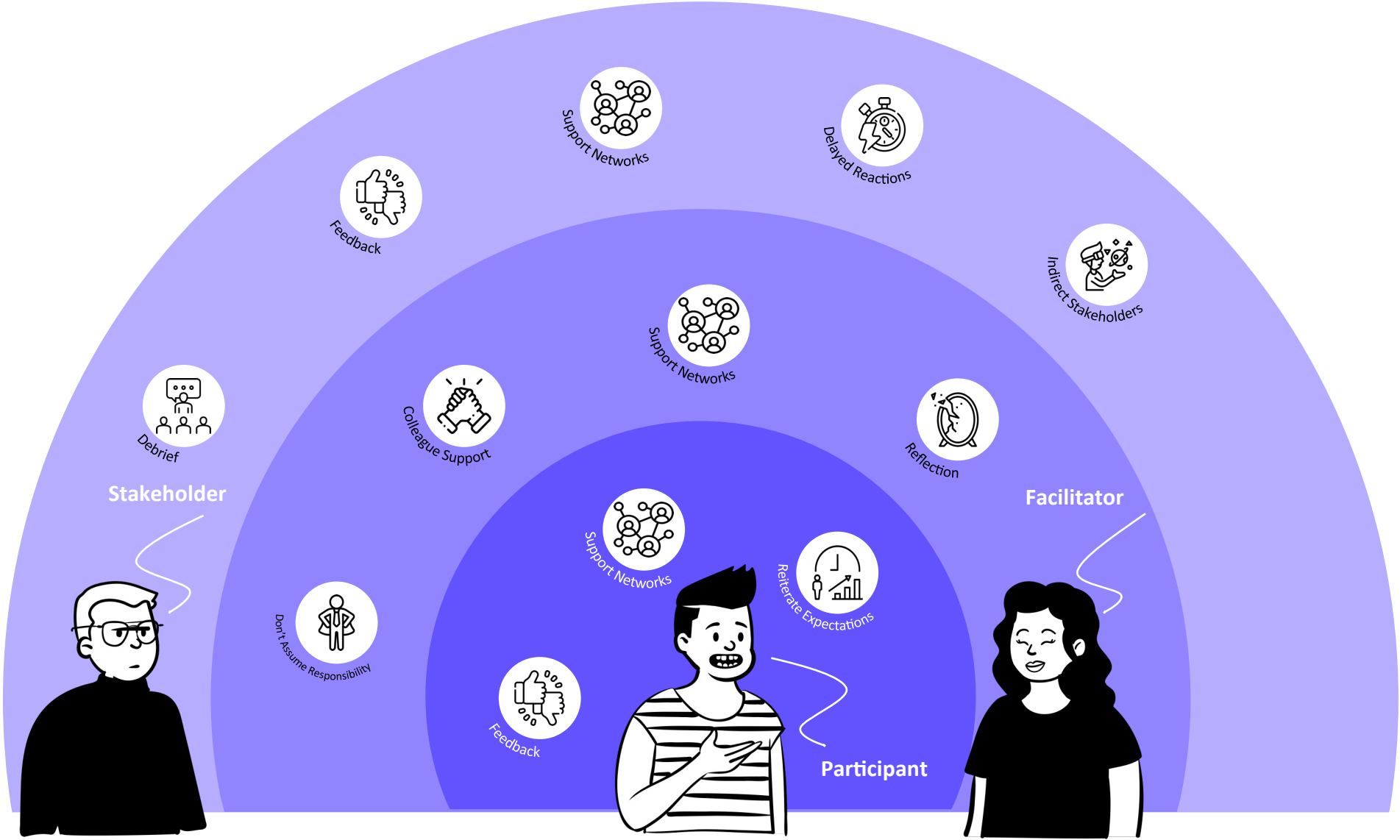
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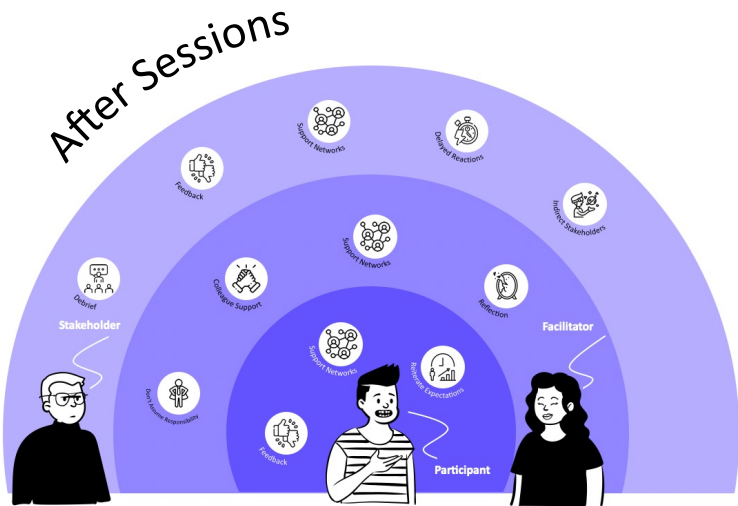
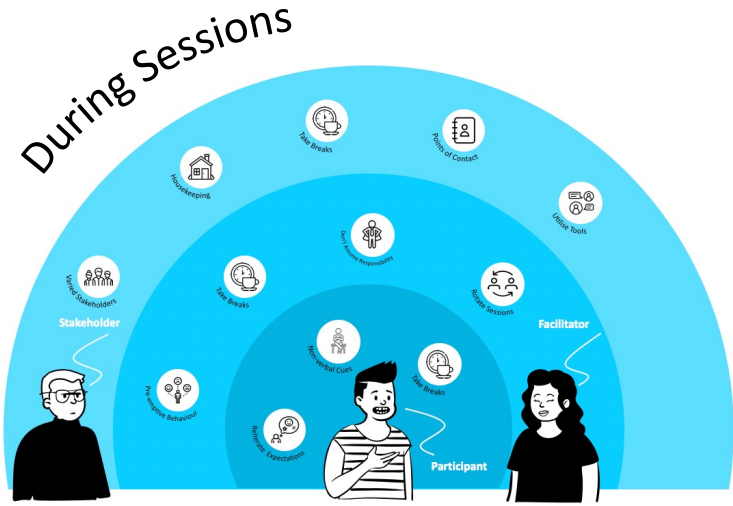
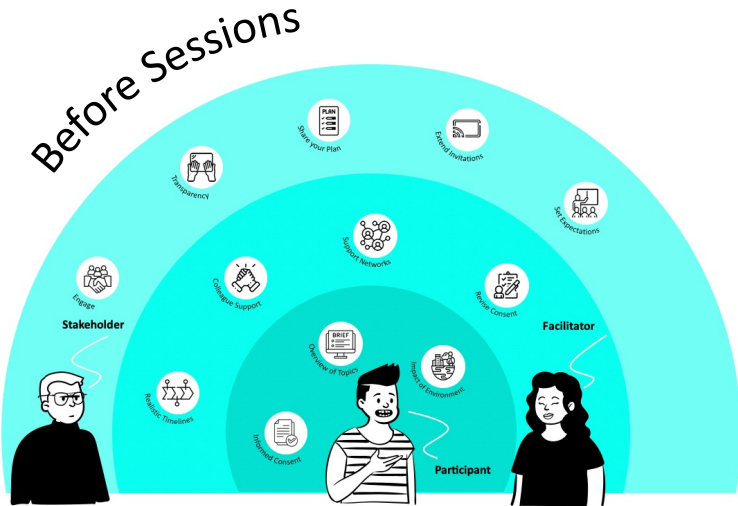
AFTER



AFTER



SUMMARY



TOP TIPS

🕒 **Be steadfast in your approach and realistic with your timelines** and be firm with these expectations when engaging with stakeholders.

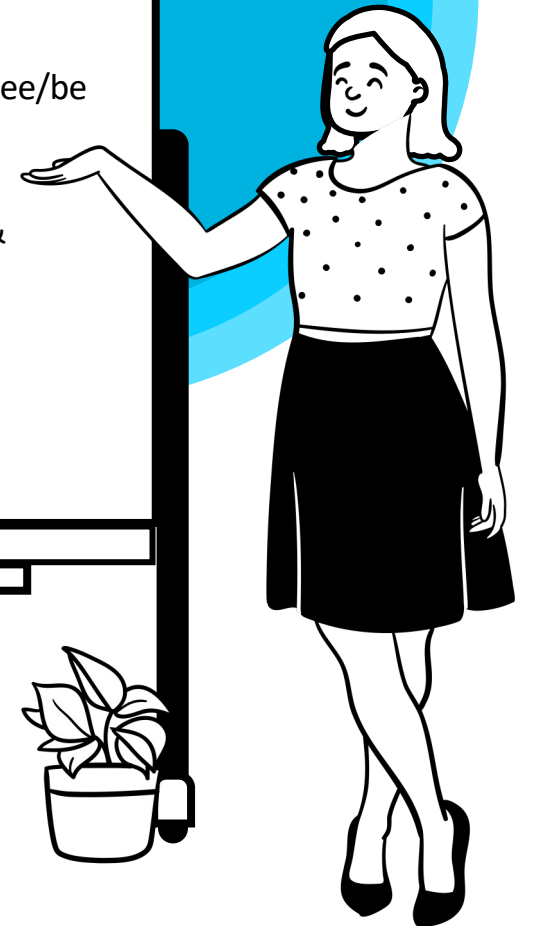
📝 **Don't be afraid to go through your own consent form** to ensure you and involved parties are comfortable.

🔄 **Build structured cadences** following research sessions such as **debriefs** – others might see/be affected by things that you didn't.

📖 **Brush up on any employee support networks or helplines** (applies both to researcher & stakeholder).

🎗️ **Build an awareness of Charities** you can refer any involved parties to.

👤 **Hold internal surgeries** to create your own support network.



LET'S TALK

Let's talk

We want to hear about your experiences!

