

#OTalk Transcript

Healthcare social media transcript of the [#OTalk](#) hashtag.

Tue, March 2nd 2021, 6:00PM – Wed, March 3rd 2021, 6:00PM

(Europe/London).

See [#OTalk Influencers/Analytics](#).



#OTalk @OTalk_

14 days ago

Only one hour to go before we join [@SLawsonOT](#) for tonight's [#OTalk](#). In case you haven't read the blog here it is <https://t.co/0VTTPK9XCX>



#Hellomynameis Sarah. 🇬🇧 🇬🇪 🇬🇪 🇬🇪 @SLawsonOT

14 days ago

RT [@OTalk_](#): Only one hour to go before we join [@SLawsonOT](#) for tonight's [#OTalk](#). In case you haven't read the blog here it is <https://t.co/...>



Dr Jenny Preston MBE @preston_jenny

14 days ago

RT [@OTalk_](#): Only one hour to go before we join [@SLawsonOT](#) for tonight's [#OTalk](#). In case you haven't read the blog here it is <https://t.co/...>



OfficialCAHPR @OfficialCAHPR

14 days ago

Don't miss [#OTalk](#) this evening...



Nicole Claire Walmsley @NicoleCWalmsley

14 days ago

RT [@preston_jenny](#): Remember to join us tomorrow evening for this fascinating topic with [@SLawsonOT](#) [@NikkiDanielsOT](#) [#OTalk](#). See you at 8.00...



Simon The OT @simonburgessOT
[#OTalk](#)

14 days ago



Tai Frater @tai_the_ot

14 days ago

What an important topic. Can't join sadly but applaud effort to share stories of failure in



research - and elsewhere - and look forward to catching up. Thanks [@SLawsonOT](#) for being willing to be vulnerable and share your experiences. [#OTalk](#)

💬 ↺ ❤️



#OTalk [@OTalk_](#)

14 days ago

This is your 30 minute warning ahead of tonight's chat [@SLawsonOT](#) [#OTalk](#)

💬 ↺ ❤️



Dr Angie Logan [@logan_angie](#)

14 days ago

[@OTalk_](#) [@SLawsonOT](#) [#OTalk](#) <https://t.co/TaNOIU1tg>

💬 ↺ ❤️



#Hellomynameis Sarah. 🚂 💙 🏳️‍🌈 🧐 [@SLawsonOT](#)

14 days ago

RT [@OTalk_](#): This is your 30 minute warning ahead of tonight's chat [@SLawsonOT](#) [#OTalk](#)

💬 ↺ ❤️



#Hellomynameis Sarah. 🚂 💙 🏳️‍🌈 🧐 [@SLawsonOT](#)

14 days ago

[@tai_the_ot](#) Thanks Tai, that means a lot. Sorry you can't join us for the live chat [#OTalk](#)

💬 ↺ ❤️



#Hellomynameis Sarah. 🚂 💙 🏳️‍🌈 🧐 [@SLawsonOT](#)

14 days ago

A great blog to add to the [#otalk](#) thread for this evening's chat

💬 ↺ ❤️



Sam Pywell [@smileyfacehalo](#)

14 days ago

RT [@OTalk_](#): Only one hour to go before we join [@SLawsonOT](#) for tonight's [#OTalk](#). In case you haven't read the blog here it is <https://t.co/...>

💬 ↺ ❤️



Nat Jones [@natlouj](#)

14 days ago

RT [@preston_jenny](#): Remember to join us tomorrow evening for this fascinating topic with [@SLawsonOT](#) [@NikkiDanielsOT](#) [#OTalk](#). See you at 8.00...

💬 ↺ ❤️



Dr Catriona Connell [@DrCConnell](#)

14 days ago

Definitely both [#OTalk](#)

💬 ↺ ❤️



#OTalk [@OTalk_](#)

14 days ago

10 minute warning [@SLawsonOT](#) [#OTalk](#) <https://t.co/ohfN498EpA>

💬 ↺ ❤️



#OTalk [@OTalk_](#)

14 days ago

5 minutes to go, are you sitting comfortably? [@SLawsonOT](#) [#OTalk](#) <https://t.co/P16YpVo4tE>

💬 ↺ ❤️

Hello my name is Jim [@OT_Jim](#)

14 days ago



RT @OTalk_: 5 minutes to go, are you sitting comfortably? @SLawsonOT #OTalk
<https://t.co/P16YpVo4tE>



Ruth Hawley @Ruth_Hawley

14 days ago

@OTalk_ I can't attend #OTalk this evening, but great topic for exploration @SLawsonOT.
 Have you ever heard of @howtofailpod? The #podcast about learning how to fail. I'm a recent convert to it and love it. Considering "failure" is really valuable for growth.



Lauren Kenton @Lauren_kenton15

14 days ago

RT @OTalk_: #OTalk Research – 2nd March 2021 – Are failure and rejection an inescapable aspect of research or an opportunity for learning?...



#Hellomynameis Sarah. 🚂 🇬🇧 🇬🇪 @SLawsonOT

14 days ago

Hi #OTalk looking forward to tonight's chat. For those who'd like to find out what the chat tonight is about <https://t.co/lK4cleFEki>



#OTalk @OTalk_

14 days ago

@SLawsonOT @preston_jenny #OTalk <https://t.co/DDnfHH0zgS>



#OTalk @OTalk_

14 days ago

@SLawsonOT #OTalk @preston_jenny <https://t.co/RpW1XOkRqs>



#Hellomynameis Sarah. 🚂 🇬🇧 🇬🇪 @SLawsonOT

14 days ago

@Ruth_Hawley @OTalk_ @howtofailpod Thank Ruth, I've not heard about that I will look it up #OTalk



Lauren Kenton @Lauren_kenton15

14 days ago

@OTalk_ @SLawsonOT @preston_jenny Hi my first #OTalk looking forward to it!



Nick Hopwood @NHopUTS

14 days ago

Looking forward to #OTalk chat on #rejection and so-called #failure in #research with @slawsonOT and @preston_jenny



#OTalk @OTalk_

14 days ago

@SLawsonOT @preston_jenny #OTalk <https://t.co/l5y1C5ned6>





#Hellomynameis Sarah. 🚂 💙 🌈 🧐 @SLawsonOT

14 days ago

RT @OTalk_: @SLawsonOT @preston_jenny #OTalk <https://t.co/DDnfHH0zgS>



#Hellomynameis Sarah. 🚂 💙 🌈 🧐 @SLawsonOT

14 days ago

@Lauren_kenton15 @OTalk_ @preston_jenny Welcome Lauren. Just ensure you include the hashtag #OTalk so your comments show in the chat



#OTalk @OTalk_

14 days ago

RT @NHopUTS: Looking forward to #OTalk chat on #rejection and so-called #failure in #research with @slawsonOT and @preston_jenny



Dr Nikki Daniels @NikkiDanielsOT

14 days ago

Its #otalk time!



#Hellomynameis Sarah. 🚂 💙 🌈 🧐 @SLawsonOT

14 days ago

@NHopUTS @preston_jenny Hi Nick, that you for joining us from Australia and for inspiring the chat topic #OTalk



Hello my name is Jim @OT_Jim

14 days ago

@OTalk_ @SLawsonOT @preston_jenny Watching and keen to hear others experience, #OTalk



#Hellomynameis Sarah. 🚂 💙 🌈 🧐 @SLawsonOT

14 days ago

RT @NikkiDanielsOT: Its #otalk time! <https://t.co/4SouauZBkS>



Dr Lynne Goodacre 💙 @LynneGoodacre

14 days ago

Hi everyone #OTalk



#OTalk @OTalk_

14 days ago

@Lauren_kenton15 @SLawsonOT @preston_jenny Welcome @Lauren_kenton15 hope you enjoy it #OTalk



Dr Angie Logan @logan_angie

14 days ago

@OTalk_ @SLawsonOT @preston_jenny Hello 🧐 I'm Angie. I'm a physio clinical academic based in Exeter, Devon. My first #OTalk



**#Hellomynameis Sarah.** 🚂 🇬🇧 🇬🇪 🇬🇪 @SLawsonOT

14 days ago

RT @OTalk_: @SLawsonOT @preston_jenny #OTalk <https://t.co/l5y1C5ned6>**#OTalk** @OTalk_

14 days ago

RT @SLawsonOT: @Ruth_Hawley @OTalk_ @howtofailpod Thank Ruth, I've not heard about that I will look it up #OTalk

**Lauren Kenton** @Lauren_kenton15

14 days ago

@SLawsonOT @OTalk_ @preston_jenny Thank you so much! #OTalk

**#Hellomynameis Sarah.** 🚂 🇬🇧 🇬🇪 🇬🇪 @SLawsonOT

14 days ago

@OT_Jim @OTalk_ @preston_jenny Welcome Jim #OTalk

**#Hellomynameis Sarah.** 🚂 🇬🇧 🇬🇪 🇬🇪 @SLawsonOT

14 days ago

@logan_angie @OTalk_ @preston_jenny Hi Angie, thank you for joining us #OTalk

**#OTalk** @OTalk_

14 days ago

Great suggestion, thank you @Ruth_Hawley #OTalk

**Jo OT Student** 💙💙 @Jo_StudentOT

14 days ago

@SLawsonOT @OT_Jim @OTalk_ @preston_jenny Good evening #OTalk

**#Hellomynameis Sarah.** 🚂 🇬🇧 🇬🇪 🇬🇪 @SLawsonOT

14 days ago

@LynneGoodacre Hi Lynne, thank you for join us #OTalk

**Nick Hopwood** @NHopUTS

14 days ago

I open my contribution to this #OTalk by acknowledging I am on the land of the Kayimai people here in Sydney; I also acknowledge that my many rejections are linked to a position of male, white privilege that enables me to submit many articles and grants in 1st place

**#Hellomynameis Sarah.** 🚂 🇬🇧 🇬🇪 🇬🇪 @SLawsonOT

14 days ago

RT @OTalk_: Great suggestion, thank you @Ruth_Hawley #OTalk <https://t.co/fuvnPsmJcY>**Dr Nikki Daniels** @NikkiDanielsOT

14 days ago

Good evening #otalk





#OTalk @OTalk_
Even #OTalk preferably 👍

14 days ago



Helen Myers @helen_hlm101
@OTalk_ @SLawsonOT @preston_jenny Good evening #OTalk

14 days ago



nameis Sarah. 🏠💙🌈🥰 @SLawsonOT
@OTalk_ @OT_Jim @OTalk_ @preston_jenny Hi Jo #OTalk

14 days ago



Ros French @RosFrench1
@OTalk_ @SLawsonOT @preston_jenny Lurking in the background whilst multi tasking kids bedtime looking forward to it #OTalk

14 days ago



Lauren Kenton @Lauren_kenton15
@OT_Jim @OTalk_ @SLawsonOT @preston_jenny I am here and present! #OTalk

14 days ago



Margaret Spencer MA @margaretOT360
Evening everyone #OTalk

14 days ago



#OTalk @OTalk_
Now that's a commitment, thank you indeed @NHopUTS #OTalk

14 days ago



#Hellomynameis Sarah. 🏠💙🌈🥰 @SLawsonOT
@RosFrench1 @OTalk_ @preston_jenny Hi Ros, good luck with the multitasking #OTalk

14 days ago



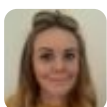
Anya de longh @anyadei
@OTalk_ @SLawsonOT @preston_jenny Hello! I'm a 2nd year MSc pre-reg student at @OT_UEA, looking forward to this evening's chat! #OTalk

14 days ago



#Hellomynameis Sarah. 🏠💙🌈🥰 @SLawsonOT
Here we go with question 1: Q1. What are your experiences of rejection or failure within research? #OTalk

14 days ago



Tori OT @Tori_Doll_
@OTalk_ @SLawsonOT @preston_jenny Hello, semi-lurking in the background. #OTalk

14 days ago



Anya de longh @anyadei
@Ruth_Hawley @OTalk_ @SLawsonOT @howtofailpod Thanks for the recommendation - will take a listen! #OTalk

14 days ago

**Hayley Read** @HayleyJaneRead2

14 days ago

@anyadei @OTalk_ @SLawsonOT @preston_jenny @OT_UEA Hello #OTalk

**#Hellomynameis Sarah.** 🚗 💙 🏳️‍🌈 🤔 @SLawsonOT

14 days ago

@anyadei @OTalk_ @preston_jenny @OT_UEA Hi, thank you for joining us tonight #OTalk

**#OTalk** @OTalk_

14 days ago

Thank you for joining us @OT_Jim we look forward to hearing your thoughts too #OTalk

**#Hellomynameis Sarah.** 🚗 💙 🏳️‍🌈 🤔 @SLawsonOT

14 days ago

RT @SLawsonOT: Here we go with question 1: Q1. What are your experiences of rejection or failure within research? #OTalk

**#OTalk** @OTalk_

14 days ago

@LynneGoodacre Hello @LynneGoodacre great to have you join us #OTalk

**Nick Hopwood** @NHopUTS

14 days ago

@SLawsonOT I think I have had at least 2 papers rejected every year since 2005; I've been rejected for jobs; and for way more grants than I ever got. Full list on my [#shadowcv](https://t.co/hZsh1Hv8hx) <https://t.co/hZsh1Hv8hx> #OTalk

**Hello my name is Jim** @OT_Jim

14 days ago

@SLawsonOT So i failed my last module of my BSc, having passed everything else 1st time, it was a huge shock and required me to re-sit the whole module, however might have been the most valuable experience of the whole degree #OTalk

**#OTalk** @OTalk_

14 days ago

@logan_angie @SLawsonOT @preston_jenny Welcome @logan_angie #OTalk

**Ros French** @RosFrench1

14 days ago

@SLawsonOT Just about to start my research journey so searching for the golden thread in my interest area #OTalk

**#OTalk** @OTalk_

14 days ago

RT @SLawsonOT: @Jo_StudentOT @OT_Jim @OTalk_ @preston_jenny Hi Jo #OTalk

**Dr Lynne Goodacre** 💙 @LynneGoodacre

14 days ago

Over the years multiple... papers, grants and conference abstracts #OTalk

#OTalk @OTalk_

14 days ago



@helen_hlm101 @SLawsonOT @preston_jenny Welcome @helen_hlm101 #OTalk



#OTalk @OTalk_

14 days ago

@RosFrench1 @SLawsonOT @preston_jenny Welcome and very impressive
@RosFrench1 #OTalk



Nick Hopwood @NHopUTS

14 days ago

@OT_Jim @SLawsonOT I wonder what it is that makes some failures/rejections more formative, like you say, and others less so? #OTalk



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 @SLawsonOT

14 days ago

@OT_Jim That's tough, can you tell us a little more about how you overcame the shock and why you now think of it as a valuable experience? #OTalk



#OTalk @OTalk_

14 days ago

@margaretOT360 Welcome @margaretOT360 #OTalk



Anya de longh @anyadei

14 days ago

@SLawsonOT Before starting my OT course, I was a PPI co-applicant on project that got rejected... also had experience sitting on NIHR funding panel making those decisions, which was hard knowing the blood, sweat and tears that go into applications! #OTalk. .



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 @SLawsonOT

14 days ago

@OT_Jim thank you for sharing #OTalk



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 @SLawsonOT

14 days ago

RT @NHopUTS: @SLawsonOT I think I have had at least 2 papers rejected every year since 2005; I've been rejected for jobs; and for way more...



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 @SLawsonOT

14 days ago

RT @OT_Jim: @SLawsonOT So i failed my last module of my BSc, having passed everything else 1st time, it was a huge shock and required me to...



#OTalk @OTalk_

14 days ago

@anyadei @SLawsonOT @preston_jenny @OT_UEA Welcome @anyadei #OTalk



Tori OT @Tori_Doll_

14 days ago

@SLawsonOT Q1) Not an extensive list, but I recall being particularly disappointed after submitting my MSc project for publication & it got rejected. After all the painstaking hours collating data and writing it up ... #OTalk

Suzu Wilkinson OT 💚💙 @suzjwilkinson

14 days ago

@SLawsonOT I had 2 dissertation proposals rejected before the one I'm working on now, it



was quite disheartening and made me worry all the way through my current research if I'd made the right decision. [#OTalk](#)



Dr Angie Logan [@logan_angie](#)

14 days ago

[@SLawsonOT](#) A1 [#OTalk](#) Grant application rejections Publication rejections Failed an MSc presentation



#OTalk [@OTalk_](#)

14 days ago

So here we are with the first question of the night 🙋 [#OTalk](#)



Tori OT [@Tori_Doll_](#)

14 days ago

[@SLawsonOT](#) Q1) ... Cont. But hey ho, it's a journey ... if everyone got published first time round it wouldn't feel like such an achievement when you do 🤔 Definitely made me appreciate it more when I did finally have an article published. [#OTalk](#)



#OTalk [@OTalk_](#)

14 days ago

RT [@NHopUTS](#): [@SLawsonOT](#) I think I have had at least 2 papers rejected every year since 2005; I've been rejected for jobs; and for way more...



Hello my name is Jim [@OT_Jim](#)

14 days ago

[@NHopUTS](#) [@SLawsonOT](#) I think for me, it was the deeper reflection and readjustment to my end goal, it created a more lasting impact that breezing through the previous modules had. [#OTalk](#)



#Hellomynameis Sarah. 🚗 💙 🏳️‍🌈 🤔 [@SLawsonOT](#)

14 days ago

RT [@NHopUTS](#): [@OT_Jim](#) [@SLawsonOT](#) I wonder what it is that makes some failures/rejections more formative, like you say, and others less so? #...



Anya de longh [@anyadei](#)

14 days ago

[@OT_Jim](#) [@SLawsonOT](#) I'm beginning to realise that the most uncomfortable experiences provide the best learning, but any tips on how to get through those uncomfortable bits before it all seems ok again?! [#OTalk](#)



Nat Jones [@natlouj](#)

14 days ago

[@OT_Jim](#) [@OTalk_](#) [@SLawsonOT](#) [@preston_jenny](#) [#OTalk](#) good evening folks 🙌



Nick Hopwood [@NHopUTS](#)

14 days ago

[@Tori_Doll_](#) [@SLawsonOT](#) In that moment, you joined the ever-growing club of journal rejectees. Includes Nobel prize winners... and pretty much everyone who has ever been published. [#OTalk](#)



#OTalk [@OTalk_](#)

14 days ago

Thank you for sharing [@OT_Jim](#). What made it a valuable experience? [#OTalk](#)
[@SLawsonOT](#)

**Lauren Kenton** @Lauren_kenton15

14 days ago

RT @anyadei: @OT_Jim @SLawsonOT I'm beginning to realise that the most uncomfortable experiences provide the best learning, but any tips on...

**#Hellomynameis Sarah.** 🚂 ❤️ 🏳️‍🌈 🤔 @SLawsonOT

14 days ago

@anyadei that's interesting having experience from both sides of the fence. are there any nuggets of wisdom you can share from sitting on the funding panel? #OTalk

**#OTalk** @OTalk_

14 days ago

There is definitely something if a thread emerging here, an experience that is familiar to do many of us @SLawsonOT #OTalk

**Nat Jones** @natlouj

14 days ago

@OTalk_ #OTalk one doesn't come with out the other 🙄🙄🙄

**Nick Hopwood** @NHopUTS

14 days ago

@anyadei @OT_Jim @SLawsonOT Good question - one I still can't answer after all this time! I am unable to avoid the feeling wounded, angry sometimes, lost, fragile. I just have to wait it out. I do tell lots of people as a way to kind of 'own' it, even though the bravado is all a bluff #OTalk

**#Hellomynameis Sarah.** 🚂 ❤️ 🏳️‍🌈 🤔 @SLawsonOT

14 days ago

@Tori_Doll_ So for you it now feels like a rite of passage? #OTalk A positive outcome in the end

**#OTalk** @OTalk_

14 days ago

Any thoughts @NHopUTS @SLawsonOT #OTalk

**Helen Myers** @helen_hlm101

14 days ago

@OTalk_ Grant applications rejected, papers rejected, but biggest 'failure' for me was a re-route of my 'research career' #OTalk

**Hello my name is Jim** @OT_Jim

14 days ago

@SLawsonOT Lots of imposter syndrome symptoms initially, then i unpicked what had gone wrong, what had broken my "run of wins" looking for the blame in others before addressing my own "issues" and failings. That reflective and emotional journey has stuck with me #OTalk

**Nat Jones** @natlouj

14 days ago

@OT_Jim @SLawsonOT #OTalk <https://t.co/LuWT8dTe6X>

#OTalk @OTalk_

14 days ago



Some excellent points there [@OT_Jim](#) [@SLawsonOT](#) [#OTalk](#)



#Hellomynameis Sarah. 🏢💙🌈🥰 [@SLawsonOT](#)

14 days ago

[@OT_Jim](#) [@NHopUTS](#) that can be a difficult and challenging process to go through, worth it to come out the other side feeling more positive and resilient? [#OTalk](#)



Tori OT [@Tori_Doll](#)

14 days ago

[@SLawsonOT](#) Yes definitely, maybe didn't feel so positive at the time, but on short term reflection I could see the positives. [#OTalk](#)



Dr Lisa Dibsall [@lisadibs2](#)

14 days ago

[@SLawsonOT](#) First application to do a PhD rejected. Difficult after all the work you put in. Supervisor from masters supportive and clear 'try somewhere else' and I did [#OTalk](#)



Helen Myers [@helen_hlm101](#)

14 days ago

[@NHopUTS](#) [@OTalk](#) [@SLawsonOT](#) Shadow CV sounds really interesting [#OTalk](#)



#Hellomynameis Sarah. 🏢💙🌈🥰 [@SLawsonOT](#)

14 days ago

[@anyadei](#) [@OT_Jim](#) I am hoping that we will gather some hints and tips from one of the later questions [#OTalk](#)



#Hellomynameis Sarah. 🏢💙🌈🥰 [@SLawsonOT](#)

14 days ago

[#OTalk](#) Q2. Thinking about your research, how do you overcome the failure/rejection? Did you respond, if so how? What was the outcome?



#OTalk [@OTalk](#)

14 days ago

Such an interesting perspective [@anyadei](#). Do you think all reviewers are as empathic? [@SLawsonOT](#) [#OTalk](#)



Anya de longh [@anyadei](#)

14 days ago

[@SLawsonOT](#) It was a little while ago, and my role on the panel was specific to PPI, so showing meaningful partnership with users obviously helped influence my recommendations! 🥰 [#OTalk](#)



Lesley Hawkins [@LesleyHawkins5](#)

14 days ago

[@SLawsonOT](#) Plenty of job rejections and failure of one first year module in my degree. That totally threw me! [#OTalk](#)



#OTalk [@OTalk](#)

14 days ago

What do you think made the difference this time round [@SLawsonOT](#) [#OTalk](#)



#Hellomynameis Sarah. 🏢💙🌈🥰 [@SLawsonOT](#)

14 days ago

[@NHopUTS](#) [@anyadei](#) [@OT_Jim](#) I find this reassuring, that even experienced researcher still feel this and it's not something we become desensitised to [#OTalk](#)



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 @SLawsonOT

14 days ago

RT @NHopUTS: @Tori_Doll @SLawsonOT In that moment, you joined the ever-growing club of journal rejectees. Includes Nobel prize winners.....



Nick Hopwood @NHopUTS

14 days ago

@SLawsonOT #OTalk Q2. Some rejections were for good reasons and I let the paper/grant go. But mostly, I waited, then extracted what I thought was useful, rejected the rest (yes, I get the final say on that), and took the helpful bits into the next draft



Hello my name is Jim @OT_Jim

14 days ago

@SLawsonOT @NHopUTS most definitely, however i do worry that we potentially lose far too many potential researchers or practitioners to unsupported failures and we should do better #OTalk



Dr Angie Logan @logan_angie

14 days ago

@anyadei @OT_Jim @SLawsonOT Like @NHopUTS I feel wounded & fragile. Time is often the greatest healer for me. I step away from it & take time to digest & reflect. I also implement self-care by doing what I know optimises my happiness& health #OTalk



#OTalk @OTalk_

14 days ago

@natlouj @OT_Jim @SLawsonOT @preston_jenny Good to see you @natjku @SLawsonOT #OTalk



#OTalk @OTalk_

14 days ago

RT @NHopUTS: @Tori_Doll @SLawsonOT In that moment, you joined the ever-growing club of journal rejectees. Includes Nobel prize winners.....



Anya de longh @anyadei

14 days ago

@OTalk_ @SLawsonOT The colleagues I worked with were all researchers themselves so knew what it was like on the other side... they always tried to give constructive feedback, but limited £ meant tough decisions! #OTalk



Dr Lynne Goodacre ❤️ @LynneGoodacre

14 days ago

I love the Theodore roosevelt's quote The man in the arena. "The credit actually belongs to the man in the arena whose face is marred by dust and sweat and bloodtoo long to quote but look it up its fab and inspirational #OTalk



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 @SLawsonOT

14 days ago

@natlouj @OTalk_ It's interesting that as the two appear to go hand in hand, it seems to be rarely talked about and yet it seems we all experience it #OTalk



Tori OT @Tori_Doll_

14 days ago

@SLawsonOT Q2) Dusted myself off, read the feedback, embraced the vulnerability aspect of putting myself in the academic "arena" & learnt from the whole experience. No

professional outcome as such, mostly just a valuable personal learning experience. #OTalk



Anya de longh @anyadei

14 days ago

@SLawsonOT @NHopUTS @OT_Jim Very reassuring - thank you! #OTalk



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 @SLawsonOT

14 days ago

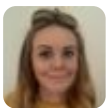
@helen_hlm101 @OTalk_ Hi Helen, do you feel able to share what you mean by 're-route' your research career? #OTalk



#OTalk @OTalk_

14 days ago

Such interesting insights @OT_Jim thank you for sharing this. Imposter syndrome is such an enemy to us all @SLawsonOT #OTalk



Tori OT @Tori_Doll_

14 days ago

@LynneGoodacre This is my mantra for research, leadership, innovation, life etc. I recite this most days to remind myself #OTalk



Megan Mc @OTstudent_Megan

14 days ago

@OT_Jim @SLawsonOT @NHopUTS I can imagine some people believe that failure means they are not capable! I know that in the past I've felt that once I've failed something it just means that I will not be able to succeed, which is wrong but I needed reassurance to understand that this wasn't the case! #OTalk



#OTalk @OTalk_

14 days ago

RT @natlouj: @OT_Jim @SLawsonOT #OTalk <https://t.co/LuWT8dTe6X>



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 @SLawsonOT

14 days ago

@OT_Jim that's interesting, looking for the blame outside before searching inside - is this something others experience? #OTalk



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 @SLawsonOT

14 days ago

RT @natlouj: @OT_Jim @SLawsonOT #OTalk <https://t.co/LuWT8dTe6X>



Dr Angie Logan @logan_angie

14 days ago

@SLawsonOT A2 #OTalk Read, reflect, discuss with co-authors/collaborators. No opportunity to respond with grant rejections, but with publications I've responded professionally & addressed reviewer concerns.



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 @SLawsonOT

14 days ago

RT @OTalk_: Some excellent points there @OT_Jim @SLawsonOT #OTalk <https://t.co/FTuIPvGOdj>

#OTalk @OTalk_

14 days ago



Moving quickly on to our next question from [@SLawsonOT](#) [#OTalk](#)



Nick Hopwood [@NHopUTS](#)

14 days ago

[@OTalk](#) [@OT_Jim](#) [@SLawsonOT](#) re Imposter syndrome: feeling never left me, but I did get better at not letting it govern my actions. A colleague described me as a 'fearless writer' - that's not how it feels to me, but interesting she saw me that way [#OTalk](#)



Hello my name is Jim [@OT_Jim](#)
[#OTalk](#)

14 days ago



#Hellomynameis Sarah. 🚗 💙 🏳️‍🌈 🥰 [@SLawsonOT](#)
[@lisadibs2](#) Hi Lisa, thank you for joining and sharing [#OTalk](#)

14 days ago



Anya de longh [@anyadei](#)

14 days ago

[@helen_hlm101](#) [@NHopUTS](#) [@OTalk](#) [@SLawsonOT](#) Yes, never heard of one before, but really helps make research careers seem accessible and establishes realistic expectations that aren't always easy to develop when you only hear about the 'good' stuff - so valuable to hear this as a student! [#OTalk](#)



Suzy Wilkinson OT 💚 💙 [@suzyjwilkinson](#)

14 days ago

[@OTalk](#) [@SLawsonOT](#) The availability of articles already on the subject. This was what actually made it even more frustrating for me as I figured that if no one was discussing the issues then someone should. [#OTalk](#) but for secondary research this wasn't possible.



#OTalk [@OTalk](#)

14 days ago

This is such a positive and constructive approach. Are we all resilient enough to take a similar approach? [@SLawsonOT](#) [#OTalk](#)



Dr Lynne Goodacre 💙 [@LynneGoodacre](#)

14 days ago

If I put my coaching hat on I'd say have a look at Kristen Neffs work on self compassion and acknowledging that these moments hurt [#OTalk](#) <https://t.co/9pMiB6zWMC>



#Hellomynameis Sarah. 🚗 💙 🏳️‍🌈 🥰 [@SLawsonOT](#)

14 days ago

[@logan_angie](#) Yes, I think this was something I learnt was that it is ok to professionally and politely disagree with reviewers and justify why [#OTalk](#)



Dr Angie Logan [@logan_angie](#)

14 days ago

[@SLawsonOT](#) A2 [#OTalk](#) How you respond depends on how you feel at the time & what else is going on in your life. Rejection always hurts but 2020 was tough & at times I had no resilience & I took the 2 rejections much harder.

#Hellomynameis Sarah. 🚗 💙 🏳️‍🌈 🥰 [@SLawsonOT](#)

14 days ago

RT [@SLawsonOT](#): [#OTalk](#) Q2. Thinking about your research, how do you overcome the



failure/rejection? Did you respond, if so how? What was the...

Lesley Hawkins @LesleyHawkins5

14 days ago



@SLawsonOT Most of my rejection has been job rejections, rather than research proposals (although in a previous life I did research, someone else wrote the proposals). I've learned from the rejections though by listening to the feedback and applying it in the next interview #OTalk

Nick Hopwood @NHopUTS

14 days ago



@SLawsonOT @OT_Jim Yes definitely! It can be quite empowering to 'blame' the reviewer who is unprofessional, unethical, nasty, didn't read my paper - it sometimes really is about them not you; but I try keep the open mind for the odd pointer to things I could do better next time #OTalk



#OTalk @OTalk_

14 days ago

This is so important @logan_angie and being able to appreciate that it is not a personal rejection @SLawsonOT #OTalk



#Hellomynameis Sarah. 🚗 💙 🏳️🌈 🤔 @SLawsonOT

14 days ago

#OTalk Q3. How do you pick yourself back up and carry on? What strategies have you developed?



#Hellomynameis Sarah. 🚗 💙 🏳️🌈 🤔 @SLawsonOT

14 days ago

#OTalk It's a busy chat and I'm struggling to answer everyone. Thank you all for sharing your experiences and vulnerabilities



Anya de longh @anyadei

14 days ago

@OT_Jim @SLawsonOT This is so helpful to hear - thank you for being honest about the rollercoaster! I recognise this pattern in some of the set-backs I've had! #OTalk



Tori OT @Tori_Doll_

14 days ago

@logan_angie @SLawsonOT What was the outcome? By disagreeing or professionally challenging, did it have an positive implications? I didn't respond with my rejections, but wish I maybe had now 🤔 #OTalk



Dr Lynne Goodacre 💙 @LynneGoodacre

14 days ago

So important and totally agree #OTalk



Suzy Wilkinson OT 💚💙 @suzyjwilkinson

14 days ago

@SLawsonOT I think that sometimes it's ok to cry, whether that be through upset, anger or frustration it can help to clear your head and allow you the space to pick yourself up and carry on or move on #OTalk

**Hello my name is Jim @OT_Jim**

14 days ago

Yes! fully agree that we can disagree with reviewers and "markers" also, something i found was we can actually challenge the processes, as a dyslexic i found the assessment process a complete barrier and there was the wrong adjustment in place for me [#OTalk](#)

**Dr Lisa Dibsall @lisadibs2**

14 days ago

[@SLawsonOT](#) Waiting a few days then re reading feedback helps me to reflect and identify how to move on [#OTalk](#)

**Lauren Kenton @Lauren_kenton15**

14 days ago

[@OTalk_](#) [@SLawsonOT](#) [#OTalk](#) I got to my uni mum [@Jo37951171](#) for support and a good cry. Then we set a plan of action!

**#Hellomynameis Sarah.** 📖 💙 🏳️‍🌈 🤔 [@SLawsonOT](#)

14 days ago

[@logan_angie](#) [@anyadei](#) [@OT_Jim](#) [@NHopUTS](#) Yes, it takes time and space to process [#OTalk](#)

**#OTalk @OTalk_**

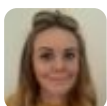
14 days ago

This is such excellent advice and something that most of us have wrestled with at some point in our lives [@SLawsonOT](#) [#OTalk](#)

**Megan Mc @OTstudent_Megan**

14 days ago

[@suzyjwilkinson](#) [@SLawsonOT](#) Definitely Agree! [#OTalk](#)

**Tori OT @Tori_Doll_**

14 days ago

[@SLawsonOT](#) Q3) Just through mindset I suppose, & accepting that rejection/disappointment is a valuable part of the 'stairs' to success. If anything there are more valuable lessons to learn from the disappointment, rather than getting there first time. "Mastery requires feedback". [#OTalk](#)

**#OTalk @OTalk_**

14 days ago

RT [@SLawsonOT](#): [@OT_Jim](#) that's interesting, looking for the blame outside before searching inside - is this something others experience? [#OT...](#)

**Nick Hopwood @NHopUTS**

14 days ago

[@OTalk_](#) [@logan_angie](#) [@SLawsonOT](#) Yes! I think [@ThomsonPat](#) wrote -ve critique is difficult to separate from writer's self. Takes no time for wounded writers to generalize from poor article to defective writer to hopeless academic. [#OTalk](#)

**#OTalk @OTalk_**

14 days ago

RT [@logan_angie](#): [@SLawsonOT](#) A2 [#OTalk](#) Read, reflect, discuss with co-authors/collaborators. No opportunity to respond with grant rejections...

Nick Hopwood @NHopUTS

14 days ago



@suzyjwilkinson @SLawsonOT Yes absolutely! I do a lot of that! Here's a blog post about how a group of supervisors responded when a student got rejected: <https://t.co/pP30ralo4m> **#OTalk**



#OTalk @OTalk_

14 days ago

@LynneGoodacre talks about our inner critic. Sounds like you have found a way of managing yours **@NHopUTS @SLawsonOT #OTalk**



Sam Pywell @smileyfacehalo

14 days ago

RT **@OTalk_**: This is such excellent advice and something that most of us have wrestled with at some point in our lives **@SLawsonOT #OTalk**



Helen Myers @helen_hlm101

14 days ago

@SLawsonOT @OTalk_ Following my PhD I had aspirations to carve out a research career, but was moved into Trial Management. A research career of sorts I suppose **#OTalk**



Lauren Kenton @Lauren_kenton15

14 days ago

@suzyjwilkinson @SLawsonOT #OTalk Yes a good cry is sometimes needed!



#OTalk @OTalk_

14 days ago

RT **@LynneGoodacre**: If I put my coaching hat on I'd say have a look at Kristen Neffs work on self compassion and acknowledging that these mo...



#Hellomynameis Sarah. 🚗 💙 🏳️🌈 🥰 **@SLawsonOT**

14 days ago

@Tori_Doll_ That little word 'just' I find disconcerting. To my mind there is no 'just' to valuable learning experiences. These things help us to become the people we are and are a vital part of learning and development if we let them **#OTalk**



Hello my name is Jim @OT_Jim

14 days ago

@OTstudent_Megan @suzyjwilkinson @SLawsonOT I found that reverting back to an occupation that i was sure of my competence was really helpful to "process" the feelings, in essence i spent a weekend shooting with the cadets. **#OTalk**



Dr Lynne Goodacre 💙 **@LynneGoodacre**

14 days ago

I wrote a short blog earlier about how easy it is to downward spiral from a critique of my work to a critique of me. Some tools from Tara Mohr are in the blog **#OTalk**



#OTalk @OTalk_

14 days ago

Thank you for sharing **@LynneGoodacre @SLawsonOT #OTalk**

Lesley Hawkins @LesleyHawkins5

14 days ago

@SLawsonOT I'm not yet up there with you on research proposals and rejections but I'd



like to think I'd be able to learn from mistakes after a period of reflection. I think we've all acquired some resilience this past year that'll stand us in good stead [#OTalk](#)

Nick Hopwood [@NHopUTS](#)

14 days ago



[@OTalk](#) [@LynneGoodacre](#) [@SLawsonOT](#) [@RuPaul](#) talks a lot about people's inner saboteur. I think Ru is spot on. We can't silence that voice. But we can turn the volume up on other voices - in our head, and by surrounding ourselves with people who build us up, who we can be vulnerable with [#OTalk](#)



OTemmaS [@emmaspellmanOT](#)

14 days ago

RT [@NHopUTS](#): [@SLawsonOT](#) I think I have had at least 2 papers rejected every year since 2005; I've been rejected for jobs; and for way more...



#OTalk [@OTalk](#)

14 days ago

RT [@NHopUTS](#): [@SLawsonOT](#) [@OT_Jim](#) Yes definitely! It can be quite empowering to 'blame' the reviewer who is unprofessional, unethical, nasty,...



#Hellomynameis Sarah. [@SLawsonOT](#)

14 days ago

[@Tori_Doll](#) Can also take a while before we're in the headspace to really be able to read and engage with the feedback [#OTalk](#)



Lauren Kenton [@Lauren_kenton15](#)

14 days ago

[@SLawsonOT](#) [#OTalk](#) a good cry and a moan then brush yourself off then set a SMART goal.



#Hellomynameis Sarah. [@SLawsonOT](#)

14 days ago

RT [@OTalk](#): Such interesting insights [@OT_Jim](#) thank you for sharing this. Imposter syndrome is such an enemy to us all [@SLawsonOT](#) [#OTalk](#) h...



Hello my name is Jim [@OT_Jim](#)

14 days ago

"Just" has become my pet hate word, you're Just a student, you're just learning, no i am learning and i was a student. [#OTalk](#)



Megan Mc [@OTstudent_Megan](#)

14 days ago

[@OT_Jim](#) [@suzyjwilkinson](#) [@SLawsonOT](#) Yes this is a really good point! It makes you feel more grounded as you are familiar with your abilities and can then make you realise that you can do things you put your mind to it's just about finding a way how! [#OTalk](#)



Sam Pywell [@smileyfacehalo](#)

14 days ago

RT [@natlouj](#): [@OT_Jim](#) [@SLawsonOT](#) [#OTalk](#) <https://t.co/LuWT8dTe6X>



#Hellomynameis Sarah. [@SLawsonOT](#)

14 days ago

RT [@OTstudent_Megan](#): [@OT_Jim](#) [@SLawsonOT](#) [@NHopUTS](#) I can imagine some people believe that failure means they are not capable! I know that in...



OTemmaS [@emmaspellmanOT](#)

14 days ago

RT [@SLawsonOT](#): [#OTalk](#) Q2. Thinking about your research, how do you overcome the failure/rejection? Did you respond, if so how? What was the...



#OTalk [@OTalk_](#)

14 days ago

Lots of really interesting advice and strategies here tonight. Any more strategies to share [@SLawsonOT](#) [#OTalk](#)



#OTalk [@OTalk_](#)

14 days ago

RT [@SLawsonOT](#): [#OTalk](#) Q3. How do you pick yourself back up and carry on? What strategies have you developed?



Dr Angie Logan [@logan_angie](#)

14 days ago

[@SLawsonOT](#) A3 [#OTalk](#) -My keep doing list (started as an alternative to New Years resolutions!). It includes the things I enjoy that optimise my wellbeing -I talk with mentors, collaborators & peers -I explore some aspects with a life coach (highly recommend periodic sessions if you can)



#Hellomynameis Sarah. [@SLawsonOT](#)

14 days ago

RT [@NHopUTS](#): [@OTalk](#) [@OT_Jim](#) [@SLawsonOT](#) re Imposter syndrome: feeling never left me, but I did get better at not letting it govern my actio...



#OTalk [@OTalk_](#)

14 days ago

RT [@LynneGoodacre](#): So important and totally agree [#OTalk](#)



#Hellomynameis Sarah. [@SLawsonOT](#)

14 days ago

RT [@OTalk_](#): This is such a positive and constructive approach. Are we all resilient enough to take a similar approach? [@SLawsonOT](#) [#OTalk](#) h...



#OTalk [@OTalk_](#)

14 days ago

Completely agree [@SLawsonOT](#) [#OTalk](#)



#Hellomynameis Sarah. [@SLawsonOT](#)

14 days ago

RT [@LynneGoodacre](#): If I put my coaching hat on I'd say have a look at Kristen Neffs work on self compassion and acknowledging that these mo...



Anya de longh [@anyadei](#)

14 days ago

[@SLawsonOT](#) A good pep talk from someone who has also been there, so they can both validate how you feel and help you move forwards... (great example of that this week from [@chaniedavies](#)) [#OTalk](#)



#OTalk [@OTalk_](#)

14 days ago

RT [@Tori_Doll](#): [@SLawsonOT](#) Q3) Just through mindset I suppose, & accepting that

rejection/disappointment is a valuable part of the 'stairs'...



Nat Jones @natlouj

14 days ago

@NHopUTS @SLawsonOT Always worth looking at what can be salvaged, working iteratively to build on, up cycling work 👍 #OTalk



Suzy Wilkinson OT ❤️💙 @suzyjwilkinson

14 days ago

@SLawsonOT Talking, talking it through with my other half, my family and then when I'm less emotional talking it through with those in the know. Either tutors or the professionals involved or other professionals who can give constructive advice #OTalk



#OTalk @OTalk_

14 days ago

RT @NHopUTS: @OTalk_ @logan_angie @SLawsonOT Yes! I think @ThomsonPat wrote -ve critique is difficult to separate from writer's self. Take...



OTEmmaS ❤️ @emmaspellmanOT

14 days ago

@SLawsonOT #OTalk Q1 & 2 not had rejection yet, but rejection, especially in academia would throw me sideways..... for a while. So lurking and learning from these wonderfully insightful tweets #occupational-therapy ❤️



Dr Lynne Goodacre 💙 @LynneGoodacre

14 days ago

As an OT and a coach I love to hear this @logan_angie so many positive ways of dealing with rejection and looking after wellbeing #OTalk



#OTalk @OTalk_

14 days ago

RT @NHopUTS: @suzyjwilkinson @SLawsonOT Yes absolutely! I do a lot of that! Here's a blog post about how a group of supervisors responded w...



OT~whatsyourfocus @farrah_money

14 days ago

Q3. Remember why you started and remind yourself of the steps it took to get you to the point of rejection. Never give up, keep pushing forward, cupcakes help too 🍰 #OTalk



Anya de longh @anyadei

14 days ago

@natlouj @NHopUTS @SLawsonOT Yes - helps to confirm that 'nothing is wasted'! #OTalk



OTEmmaS ❤️ @emmaspellmanOT

14 days ago

RT @LesleyHawkins5: @SLawsonOT Most of my rejection has been job rejections, rather than research proposals (although in a previous life I...



#Hellomynameis Sarah. 🇬🇧💙🇨🇦🤔 @SLawsonOT

14 days ago

RT @OTalk_: This is so important @logan_angie and being able to appreciate that it is not a personal rejection @SLawsonOT #OTalk <https://t...>



Dr Angie Logan @logan_angie

14 days ago

@LynneGoodacre Looks great. Thanks for sharing. I've bookmarked it & will read later. #OTalk

**#OTalk @OTalk_**

14 days ago

RT @LynneGoodacre: I wrote a short blog earlier about how easy it is to downward spiral from a critique of my work to a critique of me. Som...

**#Hellomynameis Sarah.** 🚗 💙 🏳️‍🌈 😊 @SLawsonOT

14 days ago

#OTalk Q4. What have you learnt from your experiences of rejection or failure within your research?

**Jo_H @Jo37951171**

14 days ago

@SLawsonOT #OTalk I remind myself of all the things that I've previously overcome 😊
Getting out in nature helps too 🌻 🌻 🌿

**Rachel @RachelOTstudent**

14 days ago

@SLawsonOT #OTalk I failed the first module of my degree. Thought I'd made a terrible mistake leaving a well paid career to come to uni at age 40 😬 turns out I just needed to get into the groove. Doing quite nicely now 😊 😊

**Ros French @RosFrench1**

14 days ago

@SLawsonOT For any rejections then debrief with friends and family. Give self a time to reflect and review the possible reasons why - reset and start again #OTalk

**Helen Myers @helen_hlm101**

14 days ago

@SLawsonOT @OTalk_ A3. Recognising that you can learn more from things that don't go to plan than things that do #OTalk

**Hello my name is Jim @OT_Jim**

14 days ago

@OTalk_ @SLawsonOT I always build in a weekend of "pressure" relief for when a review or grade is due to be returned, normally range time or something similar, hell i got married at the end of the degree course, that helped to pick me back up! #OTalk

**#OTalk @OTalk_**

14 days ago

RT @logan_angie: @SLawsonOT A3 #OTalk -My keep doing list (started as an alternative to New Years resolutions!). It includes the things I e...

**Anya de longh @anyadei**

14 days ago

@suzyjwilkinson @SLawsonOT Good point re talking with different people depending how intense the emotions are! #OTalk

**#OTalk @OTalk_**

14 days ago

RT @anyadei: @SLawsonOT A good pep talk from someone who has also been there, so they can both validate how you feel and help you move forw...

**#OTalk @OTalk_**

14 days ago

RT @natlouj: @NHopUTS @SLawsonOT Always worth looking at what can be salvaged, working iteratively to build on, up cycling work 👍 #OTalk

**#OTalk @OTalk_**

14 days ago

RT @emmaspellmanOT: @SLawsonOT #OTalk Q1 & 2 not had rejection yet, but rejection, especially in academia would throw me sideways..... fo...

**#OTalk @OTalk_**

14 days ago

RT @farrah_money: Q3. Remember why you started and remind yourself of the steps it took to get you to the point of rejection. Never give up...

**Rachel @RachelOTstudent**

14 days ago

@SLawsonOT #OTalk once I'd dealt with the shock of failure I took all the help I was offered and then asked for further support. I needed to know I was heading in the right direction with my work.

**Lauren Kenton @Lauren_kenton15**

14 days ago

@SLawsonOT #OTalk it's not personal it's constructive criticism and they maybe having a bad day.

**Dr Sue Caton @SueCaton1**

14 days ago

RT @LynneGoodacre: I wrote a short blog earlier about how easy it is to downward spiral from a critique of my work to a critique of me. Som...

**#Hellomynameis Sarah.** 🏠 💙 🌈 🤔 @SLawsonOT

14 days ago

@Lauren_kenton15 @OTalk @Jo37951171 Important to develop a plan of action to move you forward #OTalk

**OTEmmaS** 💚 @emmaspellmanOT

14 days ago

RT @OTalk_: This is such a positive and constructive approach. Are we all resilient enough to take a similar approach? @SLawsonOT #OTalk

**Anya de longh @anyadei**

14 days ago

@RachelOTstudent @SLawsonOT It is such a rollercoaster isn't it! I'm starting to realise that it is partly that rollercoaster (along with all the lectures etc!) that help us be good OTs once we qualify! 🌈 #OTalk

**#Hellomynameis Sarah.** 🏠 💙 🌈 🤔 @SLawsonOT

14 days ago

RT @OTalk_: This is such excellent advice and something that most of us have wrestled with at some point in our lives @SLawsonOT #OTalk htt...

**#OTalk @OTalk_**

14 days ago

This is a very busy chat tonight, I'm falling behind 🤖. Question 4 from @SLawsonOT What have you learnt from your experiences of rejection or failure with your research #OTalk

**#OTalk @OTalk_**

14 days ago

RT @Jo37951171: @SLawsonOT #OTalk I remind myself of all the things that I've previously overcome 😊 Getting out in nature helps too 🌻🌻🌿



#Hellomynameis Sarah. 🚗 💙 🌈 🤔 @SLawsonOT

14 days ago

RT @Tori_Doll_: @SLawsonOT Q3) Just through mindset I suppose, & accepting that rejection/disappointment is a valuable part of the 'stairs'...



Nick Hopwood @NHopUTS

14 days ago

@SLawsonOT My many rejections have taught me that there are always more to come, and that none is an indication of my being a failure. I wouldn't say I embrace rejection (it always sucks) but I do expect and anticipate it. I no longer hope to 'crack' the journal/grant process #OTalk



#OTalk @OTalk_

14 days ago

RT @RachelOTstudent: @SLawsonOT #OTalk I failed the first module of my degree. Thought I'd made a terrible mistake leaving a well paid care...



Tori OT @Tori_Doll_

14 days ago

@SLawsonOT It's about learning to be receptive to feedback and accepting this, whether you agree or not. I think being on the receiving end of feedback makes us better at providing feedback in the long run, if you choose to develop yourself and your delivery #OTalk



#OTalk @OTalk_

14 days ago

RT @helen_hlm101: @SLawsonOT @OTalk_ A3. Recognising that you can learn more from things that don't go to plan than things that do #OTalk



Nat Jones @natlouj

14 days ago

@Lauren_kenton15 @SLawsonOT #OTalk a good cry can be cathartic!
<https://t.co/PRTXz6oYwU>



Ros French @RosFrench1

14 days ago

@anyadei @OTalk_ @SLawsonOT @chaniedavies Totally agree @chaniedavies is great for a debrief! #OTalk



#OTalk @OTalk_

14 days ago

RT @RachelOTstudent: @SLawsonOT #OTalk once I'd dealt with the shock of failure I took all the help I was offered and then asked for further...



Lauren Kenton @Lauren_kenton15

14 days ago

@SLawsonOT @OTalk_ @Jo37951171 Definitely sometimes it takes another set of eyes to clear the cloudy skies #OTalk



Dr Angie Logan @logan_angie

14 days ago

Completely agree! Last year my paper was rejected in May & I didn't have the headspace to look at the comments until November. Editor invited us to address reviewer comments & re-submit so we much gave hope! After working on it for 3 months I re-submitted on Saturday. #OTalk

#OTalk @OTalk_

14 days ago



RT @anyadei: @RachelOTstudent @SLawsonOT It is such a rollercoaster isn't it! I'm starting to realise that it is partly that rollercoaster...



Hello my name is Jim @OT_Jim

14 days ago

@SLawsonOT Too quote my old boss, "Fail means; First attempt at Learning" every stumble and fall has made me the practitioner I am today, without those experiences I would not have the confidence or knowledge to be me. So own it and let your flag fly, #OTalk



Rachel @RachelOTstudent

14 days ago

@SLawsonOT #OTalk letting all the emotions happen, then reflect on it. Work through strengths, weaknesses. Understand the feedback, ask for clarification if necessary. Talk to peers & lecturers about the next move. Make a plan and action it.



#OTalk @OTalk_

14 days ago

RT @NHopUTS: @SLawsonOT My many rejections have taught me that there are always more to come, and that none is an indication of my being a...



#OTalk @OTalk_

14 days ago

RT @Tori_Doll_: @SLawsonOT It's about learning to be receptive to feedback and accepting this, whether you agree or not. I think being on t...



OTEmmaS @emmaspellmanOT

14 days ago

@OTalk_ @SLawsonOT Re Q2: Resilience #OTalk for me, is helped by working in an excellent team @OTCumbria. I am strengthened by them all and do my bit to help them. Must say time with #occupationaltherapiststudents helps massively



Hayley Read @HayleyJaneRead2

14 days ago

@NikkiDanielsOT I have to leave but thank you for this evening's chat #OTalk



#Hellomynameis Sarah.

14 days ago

RT @NHopUTS: @OTalk_ @logan_angie @SLawsonOT Yes! I think @ThomsonPat wrote -ve critique is difficult to separate from writer's self. Take...



Nat Jones @natlouj

14 days ago

@SLawsonOT #OTalk take a little time to nurse the bruises then dust myself off and review options <https://t.co/8YGkN8BEes>



#Hellomynameis Sarah.

14 days ago

@OT_Jim @OTstudent_Megan @suzyjwilkinson The power of occupation is a wonderful thing #OTalk



#OTalk @OTalk_

14 days ago

Good luck @logan_angie #OTalk

**#OTalk @OTalk_**

14 days ago

Great advice [#OTalk @SLawsonOT](#)**Nat Jones @natlouj**

14 days ago

[@SLawsonOT](#) [#OTalk](#) talk to a trusted friend / colleague to get some advice 🤔**#OTalk @OTalk_**

14 days ago

RT [@RachelOTstudent](#): [@SLawsonOT](#) [#OTalk](#) letting all the emotions happen, then reflect on it. Work through strengths, weaknesses. Understand...**Hello my name is Jim @OT_Jim**

14 days ago

[@SLawsonOT](#) [@OTstudent_Megan](#) [@suzyjwilkinson](#) Someone needs to research that, it could be the next big thing..... ;) [#OTalk](#)**#OTalk @OTalk_**

14 days ago

RT [@emmaspellmanOT](#): [@OTalk_](#) [@SLawsonOT](#) Re Q2: Resilience [#OTalk](#) for me, is helped by working in an excellent team [@OTCumbria](#). I am strengt...**#Hellomynameis Sarah.** 🏠 💙 🌈 🤔 [@SLawsonOT](#)

14 days ago

[#OTalk](#) Q5. What is your fear of rejection or failure stopping you from doing?**Nick Hopwood @NHopUTS**

14 days ago

I remember being inspired by two PhD students I interviewed. One had Wile E Coyote as her mascot, bc he kept trying over and over. Another, a historian, had a big setback and went to the pub with a chemistry PhD student. Why? "Because I knew chemists fail all the time". [#OTalk](#)**#OTalk @OTalk_**

14 days ago

Now for our next question of the night [#OTalk](#)**#OTalk @OTalk_**

14 days ago

RT [@NHopUTS](#): I remember being inspired by two PhD students I interviewed. One had Wile E Coyote as her mascot, bc he kept trying over and o...**Nick Hopwood @NHopUTS**

14 days ago

[@SLawsonOT](#) My fear of rejection is stopping me from submitting to some of the bigger / top journals. [#OTalk](#)**Dr Lynne Goodacre** 💙 [@LynneGoodacre](#)

14 days ago

Fail also means you're the person out there trying and moving forward [#OTalk](#)**Jo OT Student** 💙💙 [@Jo_StudentOT](#)

14 days ago



@SLawsonOT Currently.... getting my dissertation finished and applying for a job [#OTalk](#)

Rachel @RachelOTstudent

14 days ago



[@SLawsonOT](#) [#OTalk](#) it made me realise that I can fail and still be ok. I learned so much more than if I had sailed through it. It made me pause and take a critical look at myself. Perfect isn't necessary, it's unobtainable. Good enough really is good enough. Worthwhile stuff needs effort.



#OTalk @OTalk_

14 days ago

RT [@RachelOTstudent](#): [@SLawsonOT](#) [#OTalk](#) it made me realise that I can fail and still be ok. I learned so much more than if I had sailed thro...



Rhiannon @steedie1978

14 days ago

I think I need to 'borrow' this idea of a mascot! A great reminder of resilience ! [#otalk](#)



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 [@SLawsonOT](#)

14 days ago

[@OT_Jim](#) For me it's 'just' and 'only' - 'it's only me' [#OTalk](#) I notice how often we say these seemingly little words



Hello my name is Jim @OT_Jim

14 days ago

[@NHopUTS](#) Those Chemists are a riot, [#OTalk](#)



Dr Angie Logan @logan_angie

14 days ago

[@SLawsonOT](#) [#A4](#) [#OTalk](#) -It's a part of academic life! -The rejections/failures give light & shade so that the successes are much sweeter! -Feedback can improve a manuscript/grant application -Even experienced researchers feel the pain. I found this sad but somewhat reassuring.



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 [@SLawsonOT](#)

14 days ago

[@logan_angie](#) I love this idea of a doing list [#OTalk](#)



Nick Hopwood @NHopUTS

14 days ago

[#OTalk](#) I learn a lot from [@RuPaul](#) who talks about our inner saboteur. We can never silence them, but we can turn the volume up on positive thoughts, and surround ourselves with people who build us up. Good advice, Ru!



#OTalk @OTalk_

14 days ago

RT [@logan_angie](#): [@SLawsonOT](#) [#A4](#) [#OTalk](#) -It's a part of academic life! -The rejections/failures give light & shade so that the successes are...

Hello my name is Jim @OT_Jim

14 days ago



@SLawsonOT The smallest words have the most power and are the biggest barriers.
#OTalk



Suzy Wilkinson OT ❤️💙 @suzyjwilkinson

14 days ago

@SLawsonOT That good enough is good enough and I don't have to be perfect. It's ok to be the best you can not perfect #OTalk



Lauren Kenton @Lauren_kenton15

14 days ago

@SLawsonOT #OTalk The fear is I am not enough. That I haven't been prepared enough to be a band 5. It hasn't stopped me but is provoking intense anxiety.



Nat Jones @natlouj

14 days ago

@SLawsonOT #OTalk an opportunity to rethink, pause, decide on the next cause of action. Ultimately it makes you stronger but it can be painful for the self-esteem and ego. It can also be about letting go.. Sometimes things are not meant to be, but a valiant effort is never wasted 🎉



#Hellomynameis Sarah. 🏠💙🇬🇧🙄 @SLawsonOT

14 days ago

@emmaspellmanOT Hi Emma, when/if it happens to you, always a listening ear here
#OTalk



#OTalk @OTalk_

14 days ago

Only 10 minutes remaining of this invaluable discussion. Such wonderful insights and great advice tonight. #OTalk @SLawsonOT



#Hellomynameis Sarah. 🏠💙🇬🇧🙄 @SLawsonOT

14 days ago

@farrah_money Yes, keeping perspective is really important and so hard to do at times
#OTalk



#Hellomynameis Sarah. 🏠💙🇬🇧🙄 @SLawsonOT

14 days ago

#OTalk Q 6. What are you going to now? When are you going to do it? Who can you contact for support? What is your plan?



Dr Lynne Goodacre 💙 @LynneGoodacre

14 days ago

Check out some of the Wellbeing Pocket Guides from the Elizabeth Casson Trust for some tools to quieten the inner critic #OTalk <https://t.co/NZ9EawX3Aq>



#Hellomynameis Sarah. 🏠💙🇬🇧🙄 @SLawsonOT

14 days ago

@anyadei @natlouj @NHopUTS Never delete or throw any writing away, you never know when it can be further developed/repurposed #OTalk



Anya de longh @anyadei

14 days ago

@OTalk_ @SLawsonOT So grateful for all the honesty - so reassuring and helpful to hear this as a student right now! #OTalk

#OTalk @OTalk_

14 days ago



Here's your chance to develop a list or a plan! 📌 [#OTalk](#) [@SLawsonOT](#)



Hello my name is Jim [@OT_Jim](#)

14 days ago

[@OTalk](#) Currently it isn't, however i know it can strike at anytime, so i am mindful of it's affects and plan around how it makes me feel. [#OTalk](#)



OTEmmaS ❤️ [@emmaspellmanOT](#)

14 days ago

[@SLawsonOT](#) I know you are [@SLawsonOT](#) 🙏 & [#OTalk](#) beautiful [#OccupationalTherapy](#) souls ❤️❤️



#OTalk [@OTalk](#)

14 days ago

Another great resource [@LynneGoodacre](#) thank you for sharing [#OTalk](#) [@SLawsonOT](#)



Lauren Kenton [@Lauren_kenton15](#)

14 days ago

[@OTalk](#) [@SLawsonOT](#) [#OTalk](#) As a newbie this has been really helpful and interesting to read other peoples experiences and views! Thank you! 😊



#OTalk [@OTalk](#)

14 days ago

RT [@anyadei](#): [@OTalk](#) [@SLawsonOT](#) So grateful for all the honesty - so reassuring and helpful to hear this as a student right now! [#OTalk](#)



Hello my name is Jim [@OT_Jim](#)

14 days ago

RT [@LynneGoodacre](#): Check out some of the Wellbeing Pocket Guides from the Elizabeth Casson Trust for some tools to quieten the inner critic...



Ros French [@RosFrench1](#)

14 days ago

[@SLawsonOT](#) It had stopped me applying to do my Masters but some coaching, friendly discussions gave me the push that was required. Now it's making the final decision on my dissertation topic and applying for new jobs - fear of the unknown and new [#OTalk](#)



#Hellomynameis Sarah 🚗 ❤️ 🌈 🤔 [@SLawsonOT](#)

14 days ago

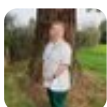
[@OT_Jim](#) [@OTalk](#) that's good advice, celebrating the wins, however small is so important. Congratulations on the wedding [#OTalk](#)



#OTalk [@OTalk](#)

14 days ago

RT [@emmaspellmanOT](#): [@SLawsonOT](#) I know you are [@SLawsonOT](#) 🙏 & [#OTalk](#) beautiful [#OccupationalTherapy](#) souls ❤️❤️



Suzy Wilkinson OT ❤️💙 [@suzyjwilkinson](#)

14 days ago

[@SLawsonOT](#) Currently considering doing my PhD, the thought of my ideas not being good enough or relevant is daunting [#OTalk](#)

Jo OT Student 💙💙 [@Jo_StudentOT](#)

14 days ago



@OTalk_ @SLawsonOT Another really interesting #OTalk



Jen - Student OT @Jen_donOT

14 days ago

A tip that helps me try to face rejection is adding "for now": I have failed "for now". I am not as good as I want to be "for now". My research isn't publishable "for now". #OTalk



#OTalk @OTalk_

14 days ago

Thank you for joining us and so glad you have found it helpful #OTalk @SLawsonOT



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🤔 @SLawsonOT

14 days ago

@RachelOTstudent Being able to open ourselves up to the support is brave and necessary. #OTalk



Hello my name is Jim @OT_Jim

14 days ago

@SLawsonOT @OTalk_ Thank you, 4 years in July, where has that time gone! #OTalk



Rhiannon @steedie1978

14 days ago

@anyadei @OTalk_ @SLawsonOT #otalk absolutely agree! Term started again today and my inner critic had a negativity party so it's been so valuable to be reminded about the normalcy of fear, reflection and ideas in coping with failure



Anya de longh @anyadei

14 days ago

@OTalk_ @LynneGoodacre @SLawsonOT 🙌 These are going to be my plan to follow-up from today's chat! #OTalk



#OTalk @OTalk_

14 days ago

So many wonderful aims/goals/aspirations tonight. What a wonderfully inspiring bunch #OTalk @SLawsonOT



Suzy Wilkinson OT ❤️💙 @suzyjwilkinson

14 days ago

@SLawsonOT #OTalk <https://t.co/489tI6LI7M>



OTEmmaS ❤️ @emmaspellmanOT

14 days ago

RT @Lauren_kenton15: @OTalk_ @SLawsonOT #OTalk As a newbie this has been really helpful and interesting to read other people's experiences a...



#OTalk @OTalk_

14 days ago

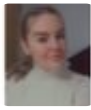
RT @Jen_donOT: A tip that helps me try to face rejection is adding "for now": I have failed "for now". I am not as good as I want to be "fo...



OTemmaS  [@emmaspellmanOT](#)

14 days ago

RT [@OTalk_](#): Another great resource [@LynneGoodacre](#) thank you for sharing [#OTalk](#) [@SLawsonOT](#)



Megan Mc [@OTstudent_Megan](#)

14 days ago

[@Jen_donOT](#) I love this tip! It's so true, if you do not want something to be the end then don't give up, it's only temporary and so you just have to create a plan to improve ! [#OTalk](#)



Dr Angie Logan [@logan_angie](#)

14 days ago

[@SLawsonOT](#) [#A5](#) [#OTalk](#) I'm not sure it is stopping me at the moment. It is not affecting my writing (that's always painful 😂) Having a supportive mentor & collaborators helps me feel safe about sharing drafts & ideas & gives me confidence to keep going. I try to emulate that with others.



#OTalk [@OTalk_](#)

14 days ago

RT [@steedie1978](#): [@anyadei](#) [@OTalk_](#) [@SLawsonOT](#) [#otalk](#) absolutely agree! Term started again today and my inner critic had a negativity party s...



Ros French [@RosFrench1](#)

14 days ago

[@SLawsonOT](#) Plan to book in study skills sessions, discussions with tutor at uni and professional leads at work and of course [@chaniedavies](#) but give myself time to be in the right headspace and reflect on what I want and need [#OTalk](#)



Rachel [@RachelOTstudent](#)

14 days ago

[@SLawsonOT](#) [#OTalk](#) currently it's keeping me from believing I can actually pass this degree and become qualified. Massive imposter syndrome. Grew up on a council estate. How can I possibly get a degree?! But it is happening. Feels fairly unreal a lot of the time 🙄



#OTalk [@OTalk_](#)

14 days ago

RT [@suzyjwilkinson](#): [@SLawsonOT](#) [#OTalk](#) <https://t.co/489tl6LI7M>



OTemmaS  [@emmaspellmanOT](#)

14 days ago

RT [@OTalk_](#): Only 10 minutes remaining of this invaluable discussion. Such wonderful insights and great advice tonight. [#OTalk](#) [@SLawsonOT](#)



Rhiannon [@steedie1978](#)

14 days ago

RT [@LynneGoodacre](#): Check out some of the Wellbeing Pocket Guides from the Elizabeth Casson Trust for some tools to quieten the inner critic...



Lauren Kenton [@Lauren_kenton15](#)

14 days ago

[@OTstudent_Megan](#) [@Jen_donOT](#) [#OTalk](#) definitely if you want something enough you may need to take different avenues to get there but you will make it!

#OTalk [@OTalk_](#)

14 days ago

Five minutes left folks, I really don't want this to end tonight [#OTalk](#) [@SLawsonOT](#)



#Hellomynameis Sarah. 🏠💙🇬🇧🥰 @SLawsonOT

14 days ago



@NHopUTS I'm grateful to people like you and @ithinkwellHugh who I came across on Twitter early in my PhD journey. You have helped me understand that failure is a part of the route to success and that imposter syndrome is manageable #OTalk



#OTalk @OTalk_

14 days ago

RT @logan_angie: @SLawsonOT #A5 #OTalk I'm not sure it is stopping me at the moment. It is not affecting my writing (that's always painful...



#OTalk @OTalk_

14 days ago

RT @RosFrench1: @SLawsonOT Plan to book in study skills sessions, discussions with tutor at uni and professional leads at work and of cours...



Rachel @RachelOTstudent

14 days ago

@SLawsonOT I learnt the hard way a long time ago that help and support is great and should be welcomed #OTalk



Dr Lisa Dibsall @lisadibs2

14 days ago

@SLawsonOT Sharing a draft of a paper with trusted colleagues to critique is my next step. I know their comments will improve the paper #OTalk



#Hellomynameis Sarah. 🏠💙🇬🇧🥰 @SLawsonOT

14 days ago

@logan_angie Congratulations, #Otalk



#OTalk @OTalk_

14 days ago

It's more than possible, take it from someone who has been on that journey #OTalk



#Hellomynameis Sarah. 🏠💙🇬🇧🥰 @SLawsonOT

14 days ago

RT @logan_angie: Completely agree! Last year my paper was rejected in May & I didn't have the headspace to look at the comments until Nove...



#Hellomynameis Sarah. 🏠💙🇬🇧🥰 @SLawsonOT

14 days ago

RT @OT_Jim: @SLawsonOT Too quote my old boss, "Fail means; Frist attempt at Learning" every stubble and fall has made me the practitioner I...



#OTalk @OTalk_

14 days ago

RT @SLawsonOT: @NHopUTS I'm grateful to people like you and @ithinkwellHugh who I came across on Twitter early in my PhD journey. You have...

#Hellomynameis Sarah. 🏠💙🇬🇧🥰 @SLawsonOT

14 days ago



RT @RachelOTstudent: @SLawsonOT #OTalk letting all the emotions happen, then reflect on it. Work through strengths, weaknesses. Understand...



#OTalk @OTalk_

14 days ago

RT @RachelOTstudent: @SLawsonOT I learnt the hard way a long time ago that help and support is great and should be welcomed #OTalk



#OTalk @OTalk_

14 days ago

RT @lisadibs2: @SLawsonOT Sharing a draft of a paper with trusted colleagues to critique is my next step. I know their comments will improv...



Dr Angie Logan @logan_angie

14 days ago

@SLawsonOT This is my keep doing list at the moment. I'm not rigid with it. I enjoy these things so it's no pressure & not a chore 📌 #OTalk <https://t.co/Qudlbsqgrhm>



#Hellomynameis Sarah. 🚗 💙 🏳️🌈 🤗 @SLawsonOT

14 days ago

@HayleyJaneRead2 @NikkiDanielsOT Thank you for join us #OTalk



Anya de longh @anyadei

14 days ago

@RachelOTstudent @SLawsonOT Yes, and that asking isn't a sign of weakness! In fact it takes strength, and people are always happy to help - esp the wonderful OT community! #OTalk



Dr Angie Logan @logan_angie

14 days ago

@OTalk_ Thank you! #OTalk



Hello my name is Jim @OT_Jim

14 days ago

@RachelOTstudent @SLawsonOT <--- Thicko who failed English GCSE, never completed more than an A4 side of writing in his life until i was 25. I now have a First and am practicing as a senior band 6 within 3 years of qualifying, you've got this and we have you, #OTalk



#Hellomynameis Sarah. 🚗 💙 🏳️🌈 🤗 @SLawsonOT

14 days ago

RT @SLawsonOT: #OTalk Q5. What is your fear of rejection or failure stopping you from doing?



#OTalk @OTalk_

14 days ago

RT @anyadei: @RachelOTstudent @SLawsonOT Yes, and that asking isn't a sign of weakness! In fact it takes strength, and people are always ha...



#Hellomynameis Sarah. 🚗 💙 🏳️🌈 🤗 @SLawsonOT

14 days ago

@NHopUTS That has made me lol #OTalk

#OTalk @OTalk_

14 days ago



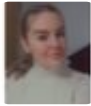
#OTalk – 9th March 2021 – The role of occupational therapy in the charity sector
<https://t.co/fhXjqNzYo4>



#Hellomynameis Sarah. 🏠 ❤️ 🇬🇧 🤔 @SLawsonOT

14 days ago

RT @NHopUTS: I remember being inspired by two PhD students I interviewed. One had Wile E Coyote as her mascot, bc he kept trying over and o...



Megan Mc @OTstudent_Megan

14 days ago

@OT_Jim @RachelOTstudent @SLawsonOT This is so reassuring to hear from such an amazing OT! Really inspiring 🤗 #OTalk



#OTalk @OTalk_

14 days ago

So sorry to end this tonight folks. What a great discussion. Thank you so much @SLawsonOT for having the courage to suggest this topic. What a wonderfully supportive bunch. Thank you everyone #OTalk



Hello my name is Jim @OT_Jim

14 days ago

@OTstudent_Megan @RachelOTstudent @SLawsonOT Says the Student who just Aced her first placement! #OTalk



OTEmmaS ❤️ @emmaspellmanOT

14 days ago

@SLawsonOT #OTalk re Q5. For a long time, poss due to personal reasons lack of confidence applying again. Then in time, I realised, what's one rejection? Nothing! I'm worth it. Much more to give #adaptation #resilience #criticalfriends & #happyoccupations ❤️



Jo OT Student ❤️ ❤️ @Jo_StudentOT

14 days ago

@OTalk_ @SLawsonOT Thank you it has been great #OTalk



#Hellomynameis Sarah. 🏠 ❤️ 🇬🇧 🤔 @SLawsonOT

14 days ago

RT @suzywilkinson: @SLawsonOT That good enough is good enough and I don't have to be perfect. It's ok to be the best you can not perfect #...



Lauren Kenton @Lauren_kenton15

14 days ago

@OT_Jim @RachelOTstudent @SLawsonOT I glad I've got you as my final educator! To build my confidence and push me #OTalk inspirational



Lesley Hawkins @LesleyHawkins5

14 days ago

@OTalk_ @SLawsonOT As a band 5 in week 6 of my first post, this #OTalk has made me realise people with years more experience than me have the same fears as me about different things. I thought I was just going to lurk, but it's been good to be here. Thanks.



Helen Myers @helen_hlm101

14 days ago

@OTalk_ @SLawsonOT I've really enjoyed the chat. Very thought provoking, thanks 🤗 #OTalk

**Dr Angie Logan** @logan_angie

14 days ago

@SLawsonOT @NHopUTS @ithinkwellHugh Great resource! Also found @tarabrazon a great resource. If you're on Facebook I'd recommend joining this group if you're a health professional doing research 🙌 #OTalk <https://t.co/q8sdMFUtrz>

**Hello my name is Jim** @OT_Jim

14 days ago

@Lauren_kenton15 @RachelOTstudent @SLawsonOT Haha i will remind you of this in 12 weeks time! #OTalk

**#Hellomynameis Sarah.** 🚗 💙 🏳️🌈 🤔 @SLawsonOT

14 days ago

@Lauren_kenton15 have you seen these? #OTalk

**#Hellomynameis Sarah.** 🚗 💙 🏳️🌈 🤔 @SLawsonOT

14 days ago

RT @OTalk_: Another great resource @LynneGoodacre thank you for sharing #OTalk @SLawsonOT <https://t.co/lzEvtoW6EH>

**Dr Angie Logan** @logan_angie

14 days ago

@OTalk_ @SLawsonOT Thanks for a great tweet chat! #OTalk Good luck to everyone in their research journeys/career.

**Lauren Kenton** @Lauren_kenton15

14 days ago

@SLawsonOT Thank you I will take a look! #OTalk

**#OTalk** @OTalk_

14 days ago

RT @logan_angie: @OTalk_ @SLawsonOT Thanks for a great tweet chat! #OTalk Good luck to everyone in their research journeys/career.

**#Hellomynameis Sarah.** 🚗 💙 🏳️🌈 🤔 @SLawsonOT

14 days ago

@RosFrench1 Congratulations for pushing through and good luck with the next exciting phase #OTalk

**#OTalk** @OTalk_

14 days ago

RT @helen_hlm101: @OTalk_ @SLawsonOT I've really enjoyed the chat. Very thought provoking, thanks 😊 #OTalk

**Rhiannon** @steedie1978

14 days ago

@logan_angie @SLawsonOT #otalk thank you - this is super useful. I like that's it's to 'keep doing' and not 'to do', it's not so demanding!

**OTEmmaS** 💚 @emmaspellmanOT

14 days ago

@Jo37951171 @SLawsonOT Yep @Jo37951171 it's been blooming hard all round for those receiving and those of us providing #OccupationalTherapy education during #COVID19 and all in #OTalk - let's keep the 💚 faith

**#Hellomynameis Sarah.** 🏠💙🌈😷 @SLawsonOT

14 days ago

@suzyjwilkinson It's certainly a roller coaster and the most exciting, challenging journey which will be worth it in the end. Good luck with moving forward with your ideas #OTalk

**Hello my name is Jim** @OT_Jim

14 days ago

#OTalk an excellent chat, thank you for hosting, need to pull my finger out and get my #OTalk organized. @HelenArnfieldOT i will respond to your email this week i promise!!!

**#Hellomynameis Sarah.** 🏠💙🌈😷 @SLawsonOT

14 days ago

RT @Jen_donOT: A tip that helps me try to face rejection is adding "for now": I have failed "for now". I am not as good as I want to be "fo...

**Rhiannon** @steedie1978

14 days ago

@anyadei @OTalk @SLawsonOT #otalk and the whole OT Twitter community is a wonderful resource and support network isn't it. Thankyou 😊

**OTEmmaS** ❤️ @emmaspellmanOT

14 days ago

@LesleyHawkins5 @SLawsonOT Wow, great. Thank you 🙏 @LesleyHawkins5 that is a good thought for all of us in #OTalk to reflect on ❤️

**#Hellomynameis Sarah.** 🏠💙🌈😷 @SLawsonOT

14 days ago

@RachelOTstudent You can do this, I left school with 1 O'level and told I'd never amount to anything academically ... have a look at @ithinkwellHugh resources about imposter syndrome #OTalk

**OTEmmaS** ❤️ @emmaspellmanOT

14 days ago

RT @logan_angie: @OTalk @SLawsonOT Thanks for a great tweet chat! #OTalk Good luck to everyone in their research journeys/career.

**#Hellomynameis Sarah.** 🏠💙🌈😷 @SLawsonOT

14 days ago

RT @logan_angie: @SLawsonOT @NHopUTS @ithinkwellHugh Great resource! Also found @tarabrazon a great resource. If you're on Facebook I'd...

**Dr Angie Logan** @logan_angie

14 days ago

@Tori_Doll @SLawsonOT I addressed the reviewers' comments which were fair & improved the manuscript. There were a couple I explained reasons why the change wouldn't be changed. I wish I had responded to one grant rejection feedback as it was vague & unhelpful based on what I was applying for. #OTalk

**#Hellomynameis Sarah.** 🏠💙🌈😷 @SLawsonOT

14 days ago

#otalk Thank you to everyone who joined in and shared their experiences and advice.

**#Hellomynameis Sarah.** 🏠💙🌈😷 @SLawsonOT

14 days ago

RT @OTalk_: So sorry to end this tonight folks. What a great discussion. Thank you so

much [@SLawsonOT](#) for having the courage to suggest t...



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🙏 [@SLawsonOT](#)
[@Jo_StudentOT](#) [@OTalk_](#) Thank you for joining us [#OTalk](#)

14 days ago



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🙏 [@SLawsonOT](#)
 RT [@LesleyHawkins5](#): [@OTalk_](#) [@SLawsonOT](#) As a band 5 in week 6 of my first post, this [#OTalk](#) has made me realise people with years more exper...

14 days ago



Hello my name is Jim [@OT_Jim](#)

14 days ago

[#OTalk](#) given the topic tonight, if anyone has been putting off submitting, you now have till 14th April 2021!! :)



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🙏 [@SLawsonOT](#)
 RT [@logan_ange](#): [@Tori_Doll_](#) [@SLawsonOT](#) I addressed the reviewers' comments which were fair & improved the manuscript. There were a couple...

14 days ago



Helen [@HelenArnfieldOT](#)

14 days ago

[@OTalk_](#) [@SLawsonOT](#) Shucks, was actually doing my research instead of procrastinating... Will await the blog... [#otalk](#)



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🙏 [@SLawsonOT](#)
 RT [@OT_Jim](#): [#OTalk](#) given the topic tonight, if anyone has been putting off submitting, you now have till 14th April 2021!! :) <https://t.co/...>

14 days ago



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🙏 [@SLawsonOT](#)
[@OT_Jim](#) Thank fully I've submitted mine - been able to cross something off my to do list! [#OTalk](#)

14 days ago



Hello my name is Jim [@OT_Jim](#)

14 days ago

[@SLawsonOT](#) As i said to [@Keirwales](#) on Sunday, nothing i'm "working" on is anywhere near ready, however in 7 weeks who knows what i can knock together.... [#OTalk](#)



#Hellomynameis Sarah. 🏠 ❤️ 🌈 🙏 [@SLawsonOT](#)
[@NHopUTS](#) Thank you so much for taking the time to join the [#OTalk](#) chat tonight. Very grateful for your insights.

14 days ago



Hello my name is Jim [@OT_Jim](#)

14 days ago

[@SLawsonOT](#) In not at 🧑🧑🧑 [#OTalk](#)



Sleepwalking Tweets [@dousleepwalk](#)

14 days ago

RT [@ElmoSE24](#): Anyone worked with adults who sleep walk? Any suggestions on good practice, safety, prevention? [#OTalk](#)

Helen Hall 🦋 [@ParamedicHelen](#)

14 days ago



RT @logan_angie: Completely agree! Last year my paper was rejected in May & I didn't have the headspace to look at the comments until Nove...



York St John OT @YSJOT

14 days ago

RT @natlouj: @OT_Jim @SLawsonOT #OTalk <https://t.co/LuWT8dTe6X>



Emma Laird @EmmaLairdOT

14 days ago

RT @natlouj: @SLawsonOT #OTalk take a little time to nurse the bruises then dust myself off and review options <https://t.co/8YGkN8BEes>



Dr Mary Birken @MaryBirken

14 days ago

Sorry to have missed #OTalk research , spent time on family emails and messaging and before I knew it, it was 9pm! Up to speed with family now tho!



Lesley Hawkins @LesleyHawkins5

14 days ago

#3positives * #meaningfulactivity at work was bowling. Inclusive activity. Enjoyed by all. * Enjoyed taking part in #OTalk this evening. Thought I'd just lurk, but found it quite relevant. * >15000 #steps today. Not all at work, but it is surprising how long the ward is



Ruth Hawley @Ruth_Hawley

14 days ago

@MarchioriRenee @OTalk_ @SLawsonOT Hi Kristina 🙌. It would be great for you to join an #OTalk in the future. It happens every Tuesday 8-9pm (UK time). A useful guide to participating in #OTalk is found here. Have a read and then just have a go. <https://t.co/8o4sRDBTAM>



Suzanne Woodhouse @suziwoodhouse

14 days ago

Come and join our outstanding organisation @hpft New opportunity for a dynamic and forward thinking Occupational Therapist to lead our OT team in specialist learning disability services 💚 #BAOT #OTalk #leadership <https://t.co/4SF1oP4MV1> <https://t.co/0coW3plgp1>



OT_Expert ✨🌈💙 @OT_Expert

14 days ago

RT @Jen_donOT: A tip that helps me try to face rejection is adding "for now": I have failed "for now". I am not as good as I want to be "fo...



OT_Expert ✨🌈💙 @OT_Expert

14 days ago

RT @OTalk_: So sorry to end this tonight folks. What a great discussion. Thank you so much @SLawsonOT for having the courage to suggest t...



OT_Expert ✨🌈💙 @OT_Expert

14 days ago

RT @LynneGoodacre: Check out some of the Wellbeing Pocket Guides from the Elizabeth Casson Trust for some tools to quieten the inner critic...

OT_Expert ✨🌈💙 @OT_Expert

14 days ago

RT @OTalk_: #OTalk – 9th March 2021 – The role of occupational therapy in the



charity sector <https://t.co/fhXjqNzYo4>



Anna Braunizer (she/her) @ABraunizer

14 days ago

@Jen_donOT "For now" are some of my favourite 2 words to use when ppl have hard time pacing & grading return to activity (stuck in boom/bust) or if find symptoms overwhelming to manage at time, reassure that "for now" & can get better at symptom management for participation #OTalk



Kim Foster @FostKim

14 days ago

RT @NHopUTS: I remember being inspired by two PhD students I interviewed. One had Wile E Coyote as her mascot, bc he kept trying over and o...



Fiona Piddington 💙 @fionaottaylor

13 days ago

This is a great opportunity to lead a brilliant and innovative LD OT team - and I should know, I have been doing it for the last 3 years!! @HPFT_NHS @RCOT_PLD @SallyJudges



homayoun @sepehrara

13 days ago

RT @suziwoodhouse: Come and join our outstanding organisation @hpft New opportunity for a dynamic and forward thinking Occupational Therapi...



CAHPR-Greater Manchester @CAHPR_GM

13 days ago

RT @LynneGoodacre: Check out some of the Wellbeing Pocket Guides from the Elizabeth Casson Trust for some tools to quieten the inner critic...



Linda Norton 💙 @07Norton

13 days ago

RT @fionaottaylor: This is a great opportunity to lead a brilliant and innovative LD OT team - and I should know, I have been doing it for...



Sheffield OTCA @SheffOTCA

13 days ago

Catching up on #OTalk from last night, failure in research, loving the idea of a shadow cv, often learnt more from failures than successes, would love to include learning from failure on my CV!



SYaB AHP ICS 💙 @SYB_ICS_AHPs

13 days ago

RT @SheffOTCA: Catching up on #OTalk from last night, failure in research, loving the idea of a shadow cv, often learnt more from failures...



OT NUIGalway @OTNUIGalway

13 days ago

RT @LynneGoodacre: Check out some of the Wellbeing Pocket Guides from the Elizabeth Casson Trust for some tools to quieten the inner critic...



#Hellomynameis Sarah. 🏠 💙 🇬🇧 🤔 @SLawsonOT

13 days ago

@CarolineStrath @OTalk I don't think so. I've not heard of that can you point us in the direction of any information please #OTalk @preston_jenny @NikkiDanielsOT

**Tai Frater** @tai_the_ot

13 days ago

RT @LynneGoodacre: I wrote a short blog earlier about how easy it is to downward spiral from a critique of my work to a critique of me. Som...

**Tai Frater** @tai_the_ot

13 days ago

RT @OT_Jim: #OTalk given the topic tonight, if anyone has been putting off submitting, you now have till 14th April 2021!! :)

**Dr Lynne Goodacre** ❤️ @LynneGoodacre

13 days ago

RT @LynneGoodacre: I wrote a short blog earlier about how easy it is to downward spiral from a critique of my work to a critique of me. Som...

**Tai Frater** @tai_the_ot

13 days ago

RT @NHopUTS: @SLawsonOT I think I have had at least 2 papers rejected every year since 2005; I've been rejected for jobs; and for way more...

**AHPs & Occupational Therapists In Retirement** 🌈💙 @Ret_AHPs

13 days ago

RT @OTalk_: #OTalk – 9th March 2021 – The role of occupational therapy in the charity sector <https://t.co/fhXjqNzYo4>

**Sally Judges** @SallyJudges

13 days ago

RT @fionaottaylor: This is a great opportunity to lead a brilliant and innovative LD OT team - and I should know, I have been doing it for...

**Sally Judges** @SallyJudges

13 days ago

Fab opportunity for you to join our @HPFT_NHS #AHP family, I'm on leave at the moment but DM me if you'd like to arrange a chat about the post <https://t.co/pKeTuKVzMa>

**SueH.(OccupationalTherapist)** 🌟ret'd-ish) 🇪🇺💚💙🐟 @therapy2optimum

13 days ago

@OTalk_ #OTalk Looking back, I never felt worthy of the role. Had to fight hard to qualify, floundered, then found a passion in mid-career. But, there was always something else needing attention (a mother-thing) so never pushed up, only on. Now it's over. Make the best of it!

**Hertfordshire Partnership University NHS FT** @HPFT_NHS

13 days ago

RT @SallyJudges: Fab opportunity for you to join our @HPFT_NHS #AHP family, I'm on leave at the moment but DM me if you'd like to arrange a...

**Hertfordshire Partnership University NHS FT** @HPFT_NHS

13 days ago

RT @fionaottaylor: This is a great opportunity to lead a brilliant and innovative LD OT team - and I should know, I have been doing it for...

**#OTalk** @OTalk_

13 days ago

Blog is now live for next weeks #OTalk with @GrowingHopeUK where our topic will be OT in the Charity Sector. 8pm, UK time. See you all there 💪

**Ruth Hawley** @Ruth_Hawley

13 days ago

@NHopUTS @SLawsonOT Not heard of a #shadowCV before. Enjoyed reading yours @NHopUTS. Can see the potential for shadow CVs to help with having realistic expectations and counteract #ImposterSyndrome which could help with recruitment, retention and staff wellbeing in research roles #OTalk

**OfficialCAHPR** @OfficialCAHPR

13 days ago

RT @OTalk_: Blog is now live for next weeks #OTalk with @GrowingHopeUK where our topic will be OT in the Charity Sector. 8pm, UK time. See...

**GrowingHope** @GrowingHopeUK

13 days ago

We are so excited to be taking part in next week's #OTalk! Join us at 8pm on Tuesday 9th of March our Twitter to learn more about our #OccupationalTherapy work in the charitable sector 🥰

**Emma McBride** @esmcbride

13 days ago

RT @Jen_donOT: A tip that helps me try to face rejection is adding "for now": I have failed "for now". I am not as good as I want to be "fo...

**Jenna Braddick** @jennabraddick

13 days ago

RT @SallyJudges: Fab opportunity for you to join our @HPFT_NHS #AHP family, I'm on leave at the moment but DM me if you'd like to arrange a...

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