

## &gt;&gt;&gt; Resource Bulletin &lt;&lt;&lt;

**Crafting & Cultivating Positive Academia**

"Happiness is a good flow of life"- Zeno

we•are•all•connected

**TOP RESOURCES OF THE MONTH****Co-creating  
academic  
well-being****READ MORE**

Our 43rd CYGNA meeting (see last page for more information on CYGNA) in November 2021 focused on well-being. This is possibly one of the most pressing issues in our academic careers, especially since pandemic times. This blogpost contains a write-up of the champions and challenges of well-being that we identified together. It is also chockful with resources to help you improve and maintain your well-being.

**READ MORE**

How can academics understand and develop care for others as well as self-care when using social networking sites professionally? This is the first post in the series on Caring in a shared-world providing insights based on Heidegger's (1962) shared-world concept.

**Social media –  
caring in a shared-  
world: self & others**

## Five tips for building healthy academic collaborations

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Effectiveness and success in academia rely on collaboration. From academics teaching courses in teams of two or more, to working on institutional accreditation projects with colleagues or engaging in collaborative research with co-authors. To generate the high-quality outcomes and outputs institutions crave, academics are encouraged, even expected, to collaborate, underpinned by an assumption that people know how to work well together.

## Spotting toxic collaborations in academia

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There are sometimes situations where no matter how much effort we put into collaborative relationships, it isn't going to help. Regardless of our best intentions, we will end up feeling drained, stressed out, resentful, irritated and/or low. Since workloads are high, wellbeing is precious, and time is scarce, let's learn how to spot the kinds of collaborative relationships that we really need to get out of, for our own sake and for the sake of our ability to positively contribute to academia.

## Building healthy academic collaborations

Collaboration is a key skill in academia, but nobody is ever taught how to do it effectively. Martyna Śliwa gives advice on how to work well with others.



# Networking

## British Academy of Management

The international BAM community comprises diverse and vibrant scholars and practitioners. There are 23 Special Interest Groups, two networks (Continental Network and Management Consultancy Network), and 30 Tracks at their annual Conference

### Connecting with the BAM Community

All BAM members can become involved in volunteering, for example through reviewing, organising, and participating at events, and joining committees.

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BAM supports the development of communities to further shared academic interests. BAM recognizes three forms of organization: tracks, networks and special interest groups (SIGs). Tracks are groups of people who only wish to discuss their shared interests at the annual conference. Networks are groups discussing their shared interests mainly at the annual conference, but also occasionally outside the annual conference. SIGs discuss their shared interests both at the annual conference and on a regular basis outside of the annual conference.

## Introducing CYGNA

The name CYGNA comes from the female version of the Greek word for SWAN (Supporting Women in Academia Network).

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We organize bi-monthly events and have celebrated our 50th meeting in 2022. Topics we covered in our meetings fall in four general categories: university context (e.g., work intensification), research methods & skills (e.g., social network analysis), career planning & development (e.g., effective promotion applications), and (inter)personal skills (e.g., negotiation skills).

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Our swans have different reasons for joining the network. Some are mainly interested in the topics discussed in the seminars; some particularly enjoy the networking element or the personal stories of career struggles. Others join to meet [potential] research collaborators or to gain inside knowledge about job opportunities and different university cultures.

## Why CYGNA?

Established in June 2014, our main objective is to promote interaction among female academics and to provide a forum for learning, support, and networking.