

**AGILE Research Ltd.**

Helping you unlock your research potential

## AGILE Research Newsletter

December 2023

Dear Colleagues / Tēnā koutou,

Welcome to the December 2023 issue of the AGILE Research Newsletter. In this issue, we share with you information about the release of the two Compass Guide books in paperback format (including a new book release), our latest activities and delivered workshops, and the latest published scientific journal articles which we contributed to.

Feel free to share this newsletter with relevant individuals and organisations in your professional networks.

If you or your organisation would like us to work with us, get in touch and we would be happy to discuss your needs.

Best wishes for the upcoming Festive Season and a happy and healthy New Year / Ngā mihi o te Kirihihi me te Tau Hou

Sandra Mandic, PhD, PMP  
Founder and Director, AGILE Research Ltd.



### Two Compass Guide Books are Now Available in Paperback Format too

Due to demand from clients, we are delighted to announce that two Compass Guide books are now also available in paperback format (in addition to electronic (PDF) versions):

- [Compass Guide for Research Project Management](#) and
- Second Edition of [Compass Guide for Postgraduate Students \(and Their Supervisors\)](#) (our new publication – see next page for more information).

Paperback copies of Compass Guide books are ideal for corporate and university libraries and as a resource for research training workshop participants.

Paperback copies are printed on demand and can be ordered through the [AGILE Research Ltd. website](#).

Contact us to obtain invoice and information about shipping cost.

Compass Guide books complement our customised training and research consulting services which we offer in **English** and **Spanish**. Contact us today to discuss your needs.



- [Download flyer in English](#)
- [Download the flyer in Spanish / Descargue el folleto en español](#)

## NEW BOOK RELEASE:

### Compass Guide for Postgraduate Students (and Their Supervisors): How to Navigate Your Research Journey (2<sup>nd</sup> Edition)

By Sandra Mandic, PhD, PMP

We are delighted to announce the release of the 2<sup>nd</sup> Edition of Dr Mandic's book "Compass Guide for Postgraduate Students"!

This book offers comprehensive guidance for research students to navigate successfully their research journey.

The book is designed for Doctoral and Master's students (current and future) and their postgraduate supervisors.

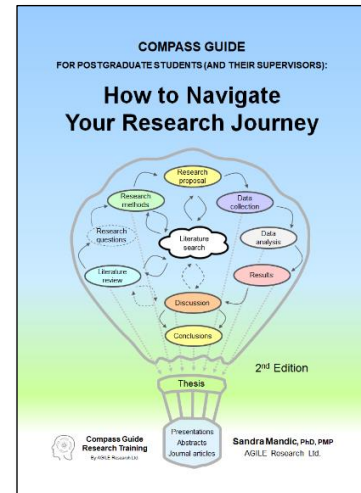
Book features:

**Comprehensive guidelines · 80 infographics · 33 examples  
10 activities · 10 short videos · 6 feedback templates**

**Now available both in paperback and PDF formats!**

Find out more...

- Check out the [table of contents](#)
- See [what you will find inside this book](#)
- Read a [welcome aboard note from the author](#)
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- Check out a [sample chapter](#)
- Watch [a 3-minute YouTube video](#) (based on the 1<sup>st</sup> Edition)



[Sandra Mandic. \(2024\) Compass Guide for Postgraduate Students \(and Their Supervisors\): How to Navigate Your Research Journey. \(2<sup>nd</sup> Edition\) AGILE Research Ltd., Wellington. ISBN: 978-0-473-69701-3 \(PDF\); ISBN: 978-0-473-69700-6 \(paperback\)](#)

**Electronic (PDF) version: NZD \$69.99** | Paperback: NZD \$99.99 plus shipping cost

More information and purchase details are available at the AGILE Research Ltd. website:

<https://agileresearch.nz/compass-guide-for-postgraduate-students/>

## Latest Research Publications We Contributed to...

### BEATS Research Programme:

Mandic S, Sandretto S, Hopkins D, Wilson G, Kidd G, García Bengoechea E. School choice, distance to school and travel to school patterns among adolescents. Journal of Transport & Health. 2023; 33:101704. DOI: <https://doi.org/10.1016/j.jth.2023.101704> (open access)

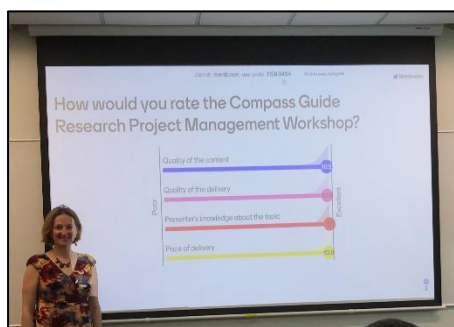
Molina-García J, Queralt A, Flaherty C, García Bengoechea E, Mandic S. Correlates of the intention to use a bike library system among New Zealand adolescents from different settlement types. Journal of Transport & Health. 2024; 34:101740. DOI: <https://doi.org/10.1016/j.jth.2023.101740>

**PACO & PACA Project** (project led by Professor Susana Aznar Laín; Universidad de Castilla-La Mancha, Toledo, Spain)

Martín Moraleda E, Pinilla Quintana I, Jimenez Zazo F, Martínez Romero MT, Dorado Suárez A, Romero Blanco C, García Coll V, Cabanillas E, Mota Utanda C, Gómez N, Hernández Martínez A, Molina García J, Crone D, Mandic S, Aznar S. Protocolo del Proyecto PACO Y PACA CLM (Pedalea y Anda al Cole y Pedalea y Anda a Casa en Castilla-La Mancha) (The PACO&PACA CLM (Cycle and Walk to School and Cycle and Walk Home in Castilla-La Mancha) Project Protocol. Revista Iberoamericana de Ciencias de la Actividad Física y el Deporte. 2023; 12(2):1-22

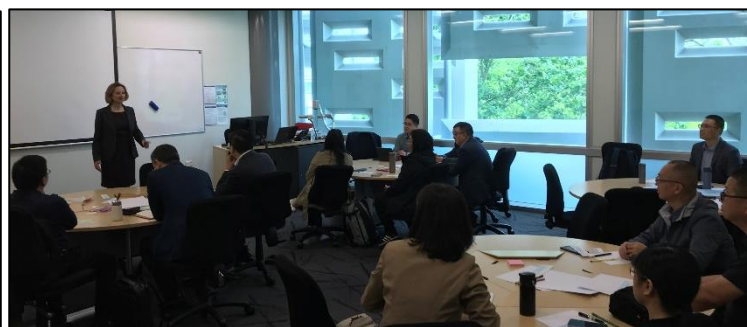
DOI: <https://doi.org/10.24310/riccafd.2023.v12i2.16813>

## Our Recent Activities



In November 2023, Dr Sandra Mandic delivered two full-day Compass Guide Research Training workshop in Auckland, New Zealand to a delegation of academics and professional staff from Shihezi University in China.

Delivered workshops focused on helping students navigate their postgraduate research journey and discussing fundamentals of research project management.



Dr Mandic very much enjoyed delivering those workshops which stretched her already broad intercultural training and experience, extensive language skills and teaching skills.

Almost half of those workshops were spent in lively discussions in Chinese and lots of written notes in Chinese (by participants, of course 😊) – and participants loved it!

It was a wonderful experience of building the bridge to cross the language barrier to connect with bright minds and enable learning, growth and development!

A sincere thank you to **Dr Faiz Rasool** and the [PM Training School](#) for creating this opportunity.



Dr Mandic shared BEATS Research findings with the transport sector policy makers, professionals and researchers at the Transport Knowledge Conference 2023 in Wellington, New Zealand



Dr Sandra Mandic also attended Australasian Society for Physical Activity (ASPA) 2023 conference in Wellington, New Zealand and presented two BEATS Research abstracts.



Dr Mandic visited the Project Management Day of Service (PMDOS) event in Auckland, New Zealand and met with colleagues from the project management community including Dr Faiz Rasool and Ms Christine Yip.

Our products and services meet the needs of a range of clients – from universities, faculties, research teams and students to small startups, large businesses and government organisations.

We currently offer our products and services in English and Spanish.

Contact us to discuss your research training needs and find out how we can help you and your organisation unlock your research potential

**Best wishes for a wonderful Festive Season and a happy and prosperous New Year!**  
**Ngā mihi o te Kirihimete me te Tau Hou**