

**AGILE Research Ltd.**

Helping you unlock your research potential

## AGILE Research Newsletter

April 2024

Dear Colleagues / Tēnā koutou,

Welcome to the April 2024 issue of the AGILE Research Newsletter.

This month the AGILE Research Ltd. celebrates its 3<sup>rd</sup> Anniversary. It has been an exciting journey and we are excited to be expanding the reach and impact of our work.

In this newsletter, we share with you information about our latest achievements and activities, the release of the 2024 Catalogue for Compass Guide Research Training Resources (including new editions and an upcoming new Compass Guide book), and the latest updates from the BEATS Research Programme led by Dr Mandic.

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.

Kind regards from New Zealand / Ngā mihi nui,

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



### Project Management Institute of New Zealand Awards 2024: Finalist

Dr Mandic was honoured to be the finalist for the Academic Achievement in Project Management Award this year for her book "[Compass Guide for Research Project Management](#)" published in 2023.

The awards were presented at the [New Zealand Project Management Conference 2024](#) held in Wellington, New Zealand in February 2024.

The conference was excellent with fantastic keynote speakers, great panel discussions and presentations from invited speakers and many opportunities for networking with professionals in the project management sector from New Zealand and abroad.



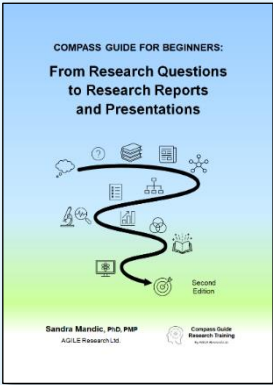
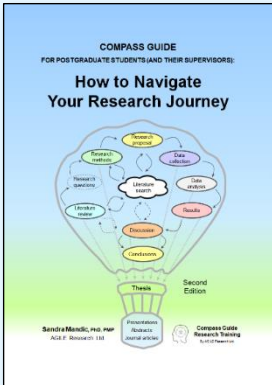
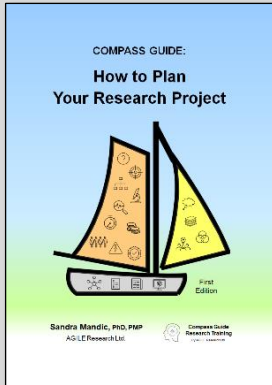
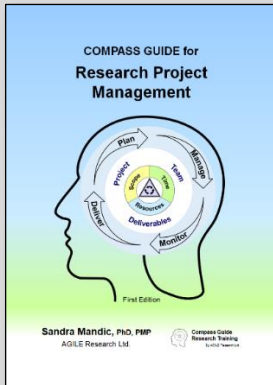
# Compass Guide Research Training Resources: 2024 Catalogue

This month we have released the [2024 Catalogue for Compass Guide Research Training Resources](#).

This includes new editions of the Compass Guide books for Beginners and Postgraduate students published this year and the upcoming book Compass Guide: How to Plan Your Research Project.

All Compass Guide books are now available in both electronic (PDF) and paperback formats.

Contact us for bulk orders and subscriptions to make these resources available in university and corporate libraries.

| How to Navigate the Research Process  |   | How to Plan and Manage Research Projects  |   |
|---|---|---|---|
| <p><a href="#">Compass Guide for Beginners</a></p>  <p>Book (40 pages)</p> <p>Designed for professionals and research students who are new to research</p> <p>Beginners / novice level</p> <p><b>Features:</b></p> <ul style="list-style-type: none"> <li>Guidelines · Tips ·</li> <li>Some examples ·</li> <li>YouTube videos ·</li> </ul> <p>PDF: NZD \$19.99*<br/>Paperback: NZD \$29.99* plus shipping cost</p> <p>Sandra Mandic. (2024) Compass Guide for Beginners: From Research Questions to Research Reports and Presentations. (Second Edition) AGILE Research Ltd., Wellington. ISBN: 978-0-473-71089-7 (PDF); 978-0-473-71088-0 (paperback)</p> | <p><a href="#">Compass Guide for Postgraduate Students (and Their Supervisors)</a></p>  <p>Book (150 pages)</p> <p>Designed for Doctoral and Master's students and their supervisors</p> <p>Advanced level</p> <p><b>Features:</b></p> <ul style="list-style-type: none"> <li>Guidelines · Tips · Examples ·</li> <li>Feedback templates · Ask your supervisor · Activities ·</li> <li>Readings · YouTube videos ·</li> </ul> <p>PDF: NZD \$69.99*<br/>Paperback: NZD \$99.99* plus shipping cost</p> <p>Sandra Mandic. (2024) Compass Guide for Postgraduate Students (and Their Supervisors): How to Navigate Your Research Journey. (Second Edition) AGILE Research Ltd., Wellington. ISBN: 978-0-473-69701-3 (PDF); 978-0-473-69700-6 (paperback)</p> | <p><a href="#">Compass Guide: How to Plan Your Research Project</a></p>  <p>Book (46 pages)</p> <p>Designed for professionals, research students and research staff</p> <p>Beginners / novice level</p> <p><b>Features:</b></p> <ul style="list-style-type: none"> <li>Guidelines · Tips ·</li> <li>Research project planning templates · Examples ·</li> </ul> <p>PDF: NZD \$24.99*<br/>Paperback: NZD \$34.99* plus shipping cost</p> <p>Sandra Mandic. (2024) Compass Guide: How to Plan Your Research Project. (First Edition) AGILE Research Ltd., Wellington. ISBN: 978-0-473-71223-5 (PDF); 978-0-473-71222-8 (paperback)</p> | <p><a href="#">Compass Guide for Research Project Management</a></p>  <p>Book (187 pages)</p> <p>Designed for researchers, students, project managers, and professionals working outside academia</p> <p>Advanced level</p> <p><b>Features:</b></p> <ul style="list-style-type: none"> <li>Recommendations · Tips ·</li> <li>Research project management tools ·</li> <li>Examples · Case studies ·</li> </ul> <p>PDF: NZD \$79.99*<br/>Paperback: NZD \$119.99* plus shipping cost</p> <p>Sandra Mandic. (2023) Compass Guide for Research Project Management. (First Edition) AGILE Research Ltd., Wellington. ISBN: 978-0-473-67924-8 (PDF); 978-0-473-69523-1 (paperback)</p> |

Note: PDF versions of our books are for personal use only, watermarked with owner's name and password-protected.

Compass Guide books are available for purchase from the AGILE Research Ltd. website:

<https://agileresearch.nz/products/>

## Our Recent Activities: Conference Presentations, Panel Discussions, Workshops and Community Service



Dr Sandra Mandic delivered the talk “Using Agile Project Management in Academic Research: A Real-World Example” at the New Zealand Project Management Conference 2024 in Wellington, New Zealand in February 2024.



Dr Mandic participated in the panel discussion “Unlocking the Future: Navigating Success in the Virtual Realm of Project Teams” at the New Zealand Project Management Conference 2024 in Wellington, New Zealand in February 2024.



Dr Mandic served as a project management consultant at the Project Management Day of Service (PMDOS) event in Wellington, New Zealand in March 2024. This event provided free project management advice for not-for-profit organisations.



Dr Sandra Mandic delivered the Compass Guide workshop “How to Plan Your Research Project: A Research Proposal versus a Project Plan” at the Centre for Sustainability (University of Otago) in Dunedin, New Zealand in February 2024.



Dr Mandic participated in the Transport Research Network Symposium 2024 in Christchurch, New Zealand in February 2024 (three years after serving as the director of the Transport Research Network in 2020).



Dr Mandic delivered a talk sharing latest BEATS Research findings at the 2 Walk & Cycle Conference held in Wellington, New Zealand in February 2024.

### Upcoming event (in person and online)

Dr Mandic will be sharing the insights from BEATS Research journey at the Wellington Regional Leadership Committee – Thought Leadership Series in May 2024.

[Registration link](#)

## Latest Updates from the BEATS Research Programme (2013-2023)

Dr Sandra Mandic and the BEATS Research Team continue to work on delivering the final research outputs from the BEATS Research Programme (2013-2023), even though the programme officially closed in September 2023.

Dr Mandic visited the Centre for Sustainability in Dunedin, New Zealand, in February 2024 and delivered a research seminar entitled “Achieving Research Programme Success: The Power of Vision, Teamwork and Research Project Management”. It was inspiring to have all Dunedin-based BEATS Team members attending this talk in person - including 4 out of 5 members who were active team members from the first to the last day. The latest media article [“Pandemic’s impact on youth activity revealed”](#) was published in the Star newspaper (New Zealand) the same month.



Two main scientific journal articles reporting findings from the BEATS Natural Experiment (2019-2023) have been published in 2024. Both articles have been published open access and can be shared freely with interested organisations and individuals. See details below.

### **Physical Activity, Screen Time and Dietary Behaviours in New Zealand Adolescents Prior to and Following the Onset of the COVID-19 Pandemic**

The findings revealed that few New Zealand adolescents met physical activity, screen time and fruit and vegetable intake guidelines during the COVID-19 pandemic – despite some improvements compared to the pre-pandemic levels. These findings further highlight the rationale for implementing comprehensive health promotion programmes in schools targeting multiple health behaviours.

*Mandic S, Khan A, García Bengoechea E, Spence JC, Coppell K, Smith M. Physical activity, screen time and dietary behaviours in New Zealand adolescents prior to and following the onset of the COVID-19 pandemic. BMC Public Health. 2024; 24:188. DOI: <https://doi.org/10.1186/s12889-024-17688-7> (open access)*

### **Travel to School Patterns and Perceptions of Walking to School in New Zealand Adolescents Before versus During the COVID-19 Pandemic**

During the pandemic period, New Zealand adolescents reported lower levels of active transport to school (mostly walking), lower intentions to walk to school, and higher barriers to walking to school compared with their peers pre-pandemic. These findings highlight the need for renewed cross-sectoral efforts and sustained investment in multilevel interventions to reverse declining active school transport among adolescents.

*Mandic S, García Bengoechea E, Coppell K, Keall M, Smith M, Hopkins D, Sandretto S, Wilson G, Kidd G, Flaherty C, Mindell JS, Stephenson J, King K, Kentala K, Rolleston A, Spence JC. Travel to School Patterns and Perceptions of Walking to School in New Zealand Adolescents Before versus During the COVID-19 Pandemic. Journal of Transport & Health. 2024; 36:101803. DOI: <https://doi.org/10.1016/j.jth.2024.101803>*

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.

**Thank you for your continued interest in our work!**