

AGILE Research Ltd.

Helping you unlock your research potential

AGILE Research Newsletter

July 2024

Dear Colleagues / Tēnā koutou,

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

In this newsletter, we share with you information about our latest activities, the release of the fourth 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 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.



Compass Guide Course Delivered in Spanish to 30+ Academics at University of Granada (Granada, Spain)

Dr Mandic designed and taught a 3.5-week online course in Spanish to 30+ academics at University of Granada (Granada, Spain) in May 2024. The course title was “**Superpowers to Optimize and Operationalize the Supervision of Bachelor’s and Master’s Thesis Projects**”. The overall objective of this course was to improve confidence, competence and effectiveness of academic supervisors of student research projects. For more details, check out the generic course flyer in [English](#) and [Spanish](#).

This innovative course was delivered in collaboration with the University of Granada academics, Dr Yaira Barranco-Ruiz and Professor Palma Chillón. Participants’ feedback was overwhelmingly positive with requests for more such or similar courses offered by the same instructors. The course was funded by Vicerrectorado de Calidad, Innovación Docente y Estudios de Grado, University of Granada.



From left to right: Dr Yaira Barranco-Ruiz, Professor Palma Chillón and Dr Sandra Mandic

Check out examples of Compass Guide Courses and Workshops at

<https://agileresearch.nz/compass-guide-courses>

Compass Guide Books 2024

We are delighted to announce that our fourth book **[“Compass Guide: How to Plan Your Research Project”](#)** has been published this month!

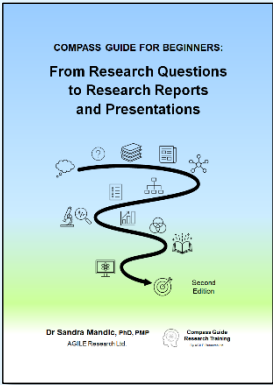
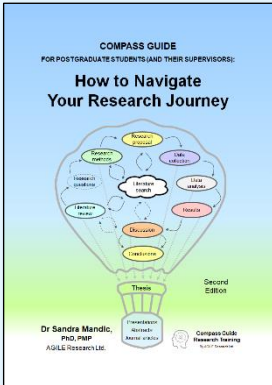
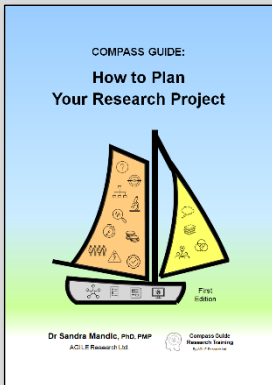

This book takes a reader through the fundamentals of research project management and provides step-by-step guidance, templates and examples for planning research projects and developing a project plan. This book has been designed for academics, researchers, research students and their supervisors and professionals involved in research activities beyond academia.

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How to Navigate the Research Process		How to Plan and Manage Research Projects	
Compass Guide for Beginners	Compass Guide for Postgraduate Students (and Their Supervisors)	Compass Guide: How to Plan Your Research Project	Compass Guide for Research Project Management
			
Watch a 4-min book overview video	Watch a 5-min book overview video	Watch a 4-min book overview video	Watch a 4-min book overview video
<p>Book (40 pages)</p> <p>Designed for professionals and research students who are new to research</p> <p>Beginners / novice level</p> <p>English (Second Edition) Spanish (First Edition)</p> <p>PDF: NZD \$19.99* Paperback: NZD \$29.99* plus shipping cost</p>	<p>Book (150 pages)</p> <p>Designed for Doctoral and Master’s students and their supervisors</p> <p>Advanced level</p> <p>Available in English (Spanish version in late 2024)</p> <p>PDF: NZD \$69.99* Paperback: NZD \$99.99* plus shipping cost</p>	<p>Book (55 pages)</p> <p>Designed for professionals, research students and research staff</p> <p>Beginners / novice level</p> <p>Available in English (Spanish version in late 2024)</p> <p>PDF: NZD \$44.99* Paperback: NZD \$59.99* plus shipping cost</p>	<p>Book (187 pages)</p> <p>Designed for researchers, students, project managers, and professionals working outside academia</p> <p>Advanced level</p> <p>Available in English (Spanish version in 2025)</p> <p>PDF: NZD \$79.99* Paperback: NZD \$119.99* plus shipping cost</p>

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

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

“Secrets of Successful Cross-Sector Collaboration” Seminar

In May 2024, Dr Sandra Mandic shared insights from BEATS Research journey at the Wellington Regional Leadership Committee – Thought Leadership Series.

Her 90-minute talk entitled “Secrets of Successful Cross-Sector Collaboration” was presented in a hybrid format – in person and online – to 30+ attendees from various sectors including local, regional and central government and industry.



Latest Publications from the BEATS Research Programme

The BEATS Research Team is finalising delivery of remaining research outputs from the BEATS Research Programme (2013-2023). Two new BEATS scientific journal articles were published in May-June 2024:

The article [Adolescents' Transport to School and Parental Perspectives in a School Choice Policy Environment](#) examined parental perspectives on school choice, travel to school decisions and modes of travel to school in adolescents enrolled in the closest versus non-closest school.

The article [Temporal relationships in the movement behavior of adolescents: Testing and methodological considerations of the ActivityStat hypothesis](#), led by a PhD student Carminda Lamboglia from University of Alberta (Edmonton, Canada) used accelerometer-measured physical activity from the BEATS Study to examine temporal relationships among physical activity levels and stationary time in adolescents.

The remaining three BEATS articles were accepted during that period, which completes the acceptance of all articles planned to be delivered by the BEATS investigators and research students. Several other scientific articles led by BEATS collaborators are currently in review or in preparation.

The Star ★

Sunday, 30 June 2024

Rate of youth walking to school fell during Covid

By Brenda Harwood

Facebook 30 Twitter 1

The Star



Members of the BEATS Study team (from left) Kim King, Prof Sandra Mandic, Dr Margaretha Situmorang, and Kaisa Kentala pictured together at a symposium last year. PHOTO: SUPPLIED

Latest BEATS Research media report [“Rate of youth walking to school fell during Covid”](#) was published in The Star newspaper (Dunedin, New Zealand) on 30 June 2024

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!