



Helen Sharman CMG OBE

Helen Sharman became the first British astronaut in May 1991, spending eight days orbiting the Earth.

A British company was set up to manage the mission and Helen was one of two Britons selected for astronaut training out of almost 13,000 applicants. The mission, named *Project Juno*, was a cooperative arrangement and would enable the UK to send one of its people into space for the first time.

Helen underwent a rigorous selection process, which focussed on psychological and medical assessments, including tolerance to High-g and motion sickness, technical understanding and practical skills. This was followed by 18 months of intensive training that included preparing for launch, feeling weightless, spacecraft operations, emergency situations, working in space and being part of a crew. Coping with risk and a new working environment was an ever-present requirement and teamwork was a vital element in the success of the Mission.

Helen started her career in industry immediately after graduating. Born in Sheffield, Helen attended local schools and read chemistry at the University of Sheffield. She started her career in industry immediately after graduating, working in research and development for GEC in Hammersmith, London and later for Mars Confectionery in Slough. After her return from space, Helen spent many years communicating science and its benefits by speaking, presenting on radio and television and by organising science events for the public.

More recently, she has worked as a manager at the National Physical Laboratory in Teddington, at Kingston University London and at Imperial College London. Currently, Helen is UK Outreach Ambassador for Imperial College London. Alongside her science communication and other speaking engagements, Helen is President of the Institute of Science and Technology and she is a Royal Osteoporosis Society Ambassador. She enjoys running, hill and mountain walking, circuit training classes, yoga, listening to music and playing the piano and saxophone. Her interests include linguistics, social evolution and all other aspects of science.



Professor Charlie Jeffery

Professor Charlie Jeffery became Vice-Chancellor and President at the University of York in September 2019. He had previously been at the University of Edinburgh where he had been Senior Vice-Principal since 2014.

Charlie was a Member of Council of the Economic and Social Research Council from 2006-12 and Chair of the Political Studies Association of the UK from 2009-12. He has a deep-rooted interest in how university research and education can serve the general benefit of society, or public good.

In Edinburgh and now in York Charlie has worked to bring together the university with local authorities, businesses, and other universities and colleges to promote inclusive economic development, and to open up access to university study and economic opportunity to people from disadvantaged backgrounds - both in the UK and internationally.

Charlie is committed to sustainability, in particular, harnessing the expertise and passion of the university sector to respond to the climate crisis. He is a member of the Partnership Board of key organisations in the City of York, the York Central Steering Board, and the York Health and Care Alliance Board.

Charlie is currently Deputy Chair of the Russell Group of leading universities in the UK. He lives in York with his family.



Dr Hannah Roberts

The Psychology of Selves: Beyond Imposter Syndrome

Dr Hannah Roberts is a career coach and professional skills trainer with clients spanning six continents. Her top 10 UK podcast, *Women in STEM Career & Confidence* has over 20,000 downloads and her articles have been featured in *Nature Careers*, *Chemistry World*, *Thrive Global*, and *jobs.ac.uk*, to name a few.

During her extensive academic and industrial career, Hannah took research from concept to start-up. Since 2018, she has been a qualified and regulated coach, trained in talent dynamics profiling, and specialising in purposeful career planning, online networking and social media skills. Hannah embeds commercialisation into research design, she has a particular passion women's leadership development as well as diversity and inclusion.



Michele Fisher

From Lab to Leadership

Michele Fisher is the Interim Director of Health and Safety at York University. Prior to this Michele was the Health, Safety and Wellbeing Manager for a Home Office department where she headed up the function with a small team.

Michele was previously at the University of Hertfordshire where she was the Team Leader, Occupational Health, Safety and Workplace Wellbeing for nine years. Prior to that, Michele began her full-time safety career as Assistant Safety Adviser with a research technology firm in Cambridge that specialised in Bluetooth technologies.

Along with her specialities in Health and safety leadership and management, fire safety management and Biological Safety, Michele is a registered Biological Safety Practitioner.

Michele gained her Postgraduate certificate in Occupational Health and Safety Management at Portsmouth University back in 2010. As a former microbiologist and lab technician in post 16 education, Michele has been passionate about lab safety, which is critical in scientific disciplines. Research is about pushing the boundaries of what is possible and delving into the unknown. Safety, when done properly, is the enabler to this, not the disabler. It is about innovation, both in the research and the in creative nature of a good safety practitioner that can enable to work to progress whilst ensuring risks arising from new and emerging technologies, are managed safely and that people are properly protected.

Michele is passionate about science and safety; she firmly believes that compromising safety is never a trade off for making a living or to progress research. There is always a balance to be had when enabling research and managing safety whilst complying with what the law requires. This is the challenge of the modern safety practitioner.

Michele shares her journey from Lab Technician to Health and Safety leadership, her challenges, the weirdest and most comical moments, accomplishments and the lessons that have helped her get there.