0:0:0.0 --> 0:0:3.280  
Keir Williams  
You'll only go between those two as well, so you can use it how you want.

0:0:5.330 --> 0:0:5.730  
Radha Joglekar  
OK.

0:0:3.290 --> 0:0:7.390  
Keir Williams  
I won't keep recordings, so the the idea today, right?

0:0:7.470 --> 0:0:14.900  
Keir Williams  
Umm is that you'll be a situation where you've got lots of stuff you're not quite sure about.

0:0:14.910 --> 0:0:17.700  
Keir Williams  
Maybe how you explain what you wanna do?

0:0:17.710 --> 0:0:19.60  
Keir Williams  
There's loads of ideas.

0:0:19.490 --> 0:0:20.430  
Keir Williams  
We're in a week five.

0:0:20.440 --> 0:0:30.140  
Keir Williams  
One of the things I'll help you do is to get it into a bit of a more manageable state and then by the end you'll have some actions and we all have worked on the kind of I don't like how like my week.

0:0:30.150 --> 0:0:33.320  
Keir Williams  
Question is the research question right now?

0:0:33.90 --> 0:0:33.440  
Radha Joglekar  
Right.

0:0:33.420 --> 0:0:39.700  
Keir Williams  
What's really difficult is when people come with nothing and I don't feel I'm gonna get that from any of you can have lots of stuff.

0:0:39.710 --> 0:0:42.340  
Keir Williams  
That's a good position to be in because we sort of halfway through.

0:0:42.520 --> 0:0:50.960  
Keir Williams  
So at this point, we're getting into the right kind of format and we're gonna just make sure you're doing the research you need to do for the proposal, right?

0:0:51.620 --> 0:0:51.960  
Radha Joglekar  
Yeah.

0:0:50.970 --> 0:0:53.50  
Keir Williams  
Because it's isn't a full research project.

0:0:53.180 --> 0:0:53.850  
Keir Williams  
OK.

0:0:54.360 --> 0:0:54.580  
Radha Joglekar  
Yep.

0:0:54.140 --> 0:0:57.340  
Keir Williams  
So right, first of all, what you worried about?

0:0:57.400 --> 0:0:58.140  
Keir Williams  
Just get it out.

0:0:58.190 --> 0:0:59.250  
Keir Williams  
Let's talk about really quickly.

0:1:7.230 --> 0:1:7.370  
Keir Williams  
But.

0:1:0.750 --> 0:1:11.950  
Radha Joglekar  
So I mean, I do have a lot of stuff that I've read and researched about, but then my, I mean, my anxiety is exactly the opposite of what you said.

0:1:16.130 --> 0:1:16.330  
Keir Williams  
You're.

0:1:11.960 --> 0:1:25.390  
Radha Joglekar  
I feel like I haven't done enough and like I feel like the first 2 weeks. Just I couldn't focus because of the design futures. So I couldn't give it my all, and from this week.

0:1:25.400 --> 0:1:32.830  
Radha Joglekar  
I've actually started focusing on the proposal development and reading up more about it and looking into my topic.

0:1:35.670 --> 0:1:37.580  
Keir Williams  
OK, you're right.

0:1:32.840 --> 0:1:37.580  
Radha Joglekar  
So I feel that I'm actually behind of you know, where I'm.

0:1:40.590 --> 0:1:40.790  
Radha Joglekar  
Yeah.

0:1:44.100 --> 0:1:44.330  
Radha Joglekar  
Yeah.

0:1:37.670 --> 0:1:44.620  
Keir Williams  
You're fine the way we've set this up is you get 12 weeks or whatever it is, 10 weeks to write the proposal and then do the research.

0:1:46.430 --> 0:1:46.750  
Radha Joglekar  
OK.

0:1:44.630 --> 0:1:47.30  
Keir Williams  
So don't panic if you'd come with nothing.

0:1:47.40 --> 0:1:50.460  
Keir Williams  
Also, the first thing you said is I'll be doing research, I thinking around it.

0:1:50.770 --> 0:1:52.60  
Keir Williams  
So you happy doing work?

0:1:52.300 --> 0:1:52.860  
Keir Williams  
That's fine.

0:1:51.640 --> 0:1:53.190  
Radha Joglekar  
Yeah, yeah.

0:1:52.990 --> 0:1:53.520  
Keir Williams  
That's fine.

0:1:53.770 --> 0:1:54.580  
Keir Williams  
It turns the right.

0:1:54.590 --> 0:1:55.780  
Keir Williams  
Yup, stuff right?

0:1:56.620 --> 0:1:56.780  
Radha Joglekar  
Yeah.

0:1:57.300 --> 0:1:58.930  
Keir Williams  
It's quite easy in some ways.

0:1:58.940 --> 0:2:2.710  
Keir Williams  
You have the assignment which will have each of the headings that you need to fill in.

0:2:3.400 --> 0:2:3.700  
Radha Joglekar  
Umm.

0:2:3.320 --> 0:2:6.780  
Keir Williams  
The difficult bit is getting that all into one place and think about what we're doing.

0:2:6.790 --> 0:2:11.210  
Keir Williams  
So what we're gonna start with is you're gonna just tell me.

0:2:11.300 --> 0:2:13.270  
Keir Williams  
It's like you're telling like a friend.

0:2:13.380 --> 0:2:15.520  
Keir Williams  
What are you gonna do for your project?

0:2:15.530 --> 0:2:16.560  
Keir Williams  
What's your proposal about?

0:2:18.640 --> 0:2:19.910  
Radha Joglekar  
Umm, OK.

0:2:19.960 --> 0:2:35.180  
Radha Joglekar  
So my proposal is about creating awareness and maybe creating a safe space in workplaces for women with PCOS.

0:2:35.230 --> 0:2:37.820  
Radha Joglekar  
That is polycystic variance in Rome.

0:2:38.290 --> 0:3:4.380  
Radha Joglekar  
It's a condition affected with hormonal issues and, you know, being bull periods and anxiety and depression and all these side effects that it has and maybe how it's perceived in like different cultures, I I'm not sure if I'm gonna focus, you know like back home in India like India's offices or here in UK.

0:3:4.390 --> 0:3:20.870  
Radha Joglekar  
I'm not sure about that yet, but then I was reading up about it and like women with PCOS, have a lot of mood swings and anxiety disorders, and that is why they are not able to give their best in their workspaces.

0:3:21.60 --> 0:3:30.20  
Radha Joglekar  
But it is often perceived as a lack of motivation or just being lazy or procrastinating. Umm.

0:3:31.700 --> 0:3:32.410  
Keir Williams  
Hey, stop.

0:3:32.420 --> 0:3:33.630  
Keir Williams  
Sorry, that's brilliant, right?

0:3:33.10 --> 0:3:34.260  
Radha Joglekar  
OK. Yeah.

0:3:33.640 --> 0:3:35.450  
Keir Williams  
So I've been again.

0:3:38.660 --> 0:3:40.540  
Radha Joglekar  
OK. Yeah.

0:3:35.460 --> 0:3:45.70  
Keir Williams  
You said you haven't been doing, but she got loads, so first thing, I'm gonna go with is how can we support women with PCOS in the workplace, right?

0:3:45.300 --> 0:3:45.910  
Keir Williams  
That's just.

0:3:45.880 --> 0:3:46.170  
Radha Joglekar  
I know.

0:3:45.920 --> 0:3:47.650  
Keir Williams  
I mean that's quite simple question, isn't it?

0:3:47.660 --> 0:3:48.30  
Keir Williams  
Right.

0:3:48.790 --> 0:3:49.40  
Radha Joglekar  
Yeah.

0:3:48.320 --> 0:3:50.320  
Keir Williams  
So that means you ohh I'm writing that.

0:3:50.460 --> 0:3:51.950  
Keir Williams  
I'll write that in the chat for you.

0:3:52.20 --> 0:3:53.940  
Keir Williams  
Just so you got it, but you.

0:3:53.310 --> 0:3:53.970  
Radha Joglekar  
OK, done.

0:3:53.950 --> 0:3:57.90  
Keir Williams  
I've just what I'm gonna do is just kind of go through what you've just told me.

0:3:57.100 --> 0:3:59.420  
Keir Williams  
So I think there was loads of really useful stuff there.

0:4:0.40 --> 0:4:0.300  
Radha Joglekar  
OK.

0:3:59.980 --> 0:4:0.600  
Keir Williams  
Give me a minute.

0:4:0.610 --> 0:4:0.930  
Keir Williams  
I'll go.

0:4:0.940 --> 0:4:2.160  
Keir Williams  
I can't get in the chat for some reason.

0:4:4.250 --> 0:4:5.920  
Keir Williams  
Well, it's my randomly send.

0:4:6.50 --> 0:4:7.540  
Keir Williams  
You don't want me to look at that?

0:4:7.550 --> 0:4:7.770  
Keir Williams  
It's.

0:4:10.330 --> 0:4:10.730  
Radha Joglekar  
And.

0:4:7.870 --> 0:4:12.100  
Keir Williams  
I mean, actually, we'll talk about that later, might be useful and but right, that's the thing.

0:4:15.70 --> 0:4:15.400  
Radha Joglekar  
Hey.

0:4:12.110 --> 0:4:18.280  
Keir Williams  
How can we support women PCs in the workplace right now if we take that question that leads to a few different questions.

0:4:19.60 --> 0:4:19.420  
Radha Joglekar  
Mm-hmm.

0:4:21.650 --> 0:4:21.850  
Radha Joglekar  
Yeah.

0:4:18.370 --> 0:4:24.460  
Keir Williams  
So in your proposal you need to show which women, because that's 50% of the population, right?

0:4:24.470 --> 0:4:27.560  
Keir Williams  
But I should know it's specifically when PCOS ignore me.

0:4:27.570 --> 0:4:28.400  
Keir Williams  
You've got that.

0:4:29.730 --> 0:4:29.910  
Radha Joglekar  
OK.

0:4:28.490 --> 0:4:30.820  
Keir Williams  
So how do we support women actually wear?

0:4:30.830 --> 0:4:31.450  
Keir Williams  
So you said that.

0:4:32.760 --> 0:4:33.20  
Radha Joglekar  
No.

0:4:32.400 --> 0:4:35.690  
Keir Williams  
So where would you want to locate it?

0:4:35.700 --> 0:4:39.720  
Keir Williams  
My my thought is, are you gonna be in India for doing the research or here?

0:4:41.910 --> 0:4:42.510  
Keir Williams  
And this summer?

0:4:41.600 --> 0:4:45.350  
Radha Joglekar  
I think I'm going to be I I don't think I'm going home this summer.

0:4:45.680 --> 0:4:46.90  
Keir Williams  
OK.

0:4:46.100 --> 0:4:47.130  
Keir Williams  
So you're gonna be here, right?

0:4:45.360 --> 0:4:47.740  
Radha Joglekar  
So here I think, yeah, yeah.

0:4:47.140 --> 0:4:51.510  
Keir Williams  
So in a way that makes it simpler, because you're gonna be in England right now.

0:4:50.60 --> 0:4:51.530  
Radha Joglekar  
OK, right.

0:4:51.640 --> 0:4:54.50  
Keir Williams  
First thing is that in that gives us UK support.

0:4:55.830 --> 0:4:56.250  
Radha Joglekar  
Right.

0:4:54.60 --> 0:4:59.30  
Keir Williams  
Women in the UK in the UK repeat the rest in the workplace.

0:4:59.40 --> 0:5:2.450  
Keir Williams  
So now even in the UK, that's quite a lot of people.

0:5:2.460 --> 0:5:4.510  
Keir Williams  
So we'll go on a bit. PCOS.

0:5:4.520 --> 0:5:4.970  
Keir Williams  
Brilliant.

0:5:7.200 --> 0:5:7.340  
Radha Joglekar  
Yeah.

0:5:4.980 --> 0:5:7.640  
Keir Williams  
OK, so now in your proposal, you're gonna need to talk.

0:5:7.650 --> 0:5:9.330  
Keir Williams  
About what is PCOS?

0:5:10.760 --> 0:5:11.40  
Radha Joglekar  
OK.

0:5:9.400 --> 0:5:12.780  
Keir Williams  
That's the first one, and you can talk about that now.

0:5:12.790 --> 0:5:15.730  
Keir Williams  
The way you talk about that is by using references, right you go.

0:5:15.960 --> 0:5:16.230  
Radha Joglekar  
Right.

0:5:15.740 --> 0:5:16.930  
Keir Williams  
There's this. There's this.

0:5:17.240 --> 0:5:20.410  
Keir Williams  
Look at papers where people have, you know, looking in different ways.

0:5:20.420 --> 0:5:25.200  
Keir Williams  
You know the medical idea of it may be women's experiences of it, blah, blah, blah, right?

0:5:25.470 --> 0:5:25.680  
Radha Joglekar  
OK.

0:5:25.420 --> 0:5:27.530  
Keir Williams  
Then you could say, OK, So what are the kind of?

0:5:27.620 --> 0:5:29.420  
Keir Williams  
So why is this a problem?

0:5:29.430 --> 0:5:31.10  
Keir Williams  
That would be my next question, right?

0:5:31.90 --> 0:5:33.910  
Keir Williams  
So how does it affect women in the workplace currently?

0:5:33.920 --> 0:5:39.980  
Keir Williams  
Like, how does it affect women in the workplace, specifically right in the workplace, which just write this down.

0:5:38.810 --> 0:5:40.660  
Radha Joglekar  
OK. Yeah.

0:5:40.270 --> 0:5:43.330  
Keir Williams  
But then also I have to suspect. Yeah.

0:5:43.340 --> 0:5:46.670  
Keir Williams  
So how does this so I'm not writing this out very well, so do take notes.

0:5:47.730 --> 0:5:47.930  
Radha Joglekar  
Yeah.

0:5:46.680 --> 0:5:48.410  
Keir Williams  
How does this affect women?

0:5:48.420 --> 0:5:49.710  
Keir Williams  
Currently right, women.

0:5:50.120 --> 0:5:52.680  
Keir Williams  
And then I suppose, how is that dealt with at the moment?

0:5:52.860 --> 0:6:0.640  
Keir Williams  
What you're saying is you've got a kind of state that, look, it's not good enough at the moment because PCOS isn't covered as a disability, is it?

0:6:1.100 --> 0:6:1.960  
Radha Joglekar  
No, it's not.

0:6:2.660 --> 0:6:5.340  
Keir Williams  
Which means it's not then covered by the same kind of legislation.

0:6:5.350 --> 0:6:6.790  
Keir Williams  
It's the same with menopause as well.

0:6:7.290 --> 0:6:7.590  
Radha Joglekar  
Yeah.

0:6:6.800 --> 0:6:7.830  
Keir Williams  
Would be the other thing to be.

0:6:12.220 --> 0:6:12.600  
Radha Joglekar  
Right.

0:6:7.840 --> 0:6:14.870  
Keir Williams  
You know this this in terms of research, you can look at it as a kind of parallel, but it's one of the things people are pushing for, right.

0:6:14.880 --> 0:6:19.250  
Keir Williams  
There was even the the the horrible, horrible, horrible minister, was saying.

0:6:20.120 --> 0:6:20.260  
Radha Joglekar  
Yeah.

0:6:20.400 --> 0:6:22.650  
Keir Williams  
Try to remember the things she basically said.

0:6:22.840 --> 0:6:24.530  
Keir Williams  
Menopause is like being ginger.

0:6:25.130 --> 0:6:25.800  
Radha Joglekar  
Ohh God.

0:6:24.540 --> 0:6:26.850  
Keir Williams  
It's not a protective what's the word?

0:6:26.860 --> 0:6:31.590  
Keir Williams  
It's the protected, our category or protective, something like that.

0:6:32.380 --> 0:6:32.720  
Radha Joglekar  
Ohh.

0:6:31.600 --> 0:6:33.410  
Keir Williams  
As a term, right, which it's not.

0:6:33.420 --> 0:6:39.260  
Keir Williams  
Basically, when you're, you know, talk about PCs like you would be, you would say, you know, being disabled in another way.

0:6:40.270 --> 0:6:40.520  
Radha Joglekar  
Yeah.

0:6:39.480 --> 0:6:42.30  
Keir Williams  
So how does this affect women at work?

0:6:43.370 --> 0:6:43.570  
Radha Joglekar  
OK.

0:6:42.240 --> 0:6:46.310  
Keir Williams  
Right case you're talking about workplace and then how does this?

0:6:46.370 --> 0:6:50.630  
Keir Williams  
How is this currently sort of, you know, dealt with or legislated right?

0:6:50.640 --> 0:6:54.290  
Keir Williams  
And what you can say there is, it's not and then you can say.

0:6:54.820 --> 0:6:55.250  
Radha Joglekar  
Umm.

0:7:0.560 --> 0:7:0.800  
Radha Joglekar  
Yeah.

0:6:54.300 --> 0:7:5.470  
Keir Williams  
So what you know again, so it's how does the PCOS affect people in the workplace, and how does the workplace not being suitable for women PCOS effects?

0:7:7.760 --> 0:7:10.670  
Keir Williams  
Effective in a in a you know, how does it make it worse?

0:7:11.980 --> 0:7:12.300  
Radha Joglekar  
OK.

0:7:10.680 --> 0:7:15.170  
Keir Williams  
Basically, and then you probably wanna look at papers where people have addressed this.

0:7:16.100 --> 0:7:16.390  
Radha Joglekar  
Alright.

0:7:15.180 --> 0:7:18.770  
Keir Williams  
Right, cause some other people will have done this, which is always a good thing.

0:7:19.450 --> 0:7:19.750  
Radha Joglekar  
OK.

0:7:19.220 --> 0:7:26.330  
Keir Williams  
So when you go on Google Scholar and you go studies on women in the workplace and PCOS, and there's like 10.

0:7:26.170 --> 0:7:26.330  
Radha Joglekar  
Yeah.

0:7:26.420 --> 0:7:30.320  
Keir Williams  
Brilliant because it can be like, OK, so they can tell you lots of stuff you can put in.

0:7:30.300 --> 0:7:31.380  
Radha Joglekar  
Uncle, right?

0:7:31.180 --> 0:7:35.290  
Keir Williams  
So the next big question for all of this then is which workplace?

0:7:35.300 --> 0:7:35.860  
Keir Williams  
Because I can't.

0:7:35.870 --> 0:7:36.790  
Keir Williams  
You can't be all it.

0:7:36.800 --> 0:7:40.850  
Keir Williams  
It could be a workplaces, but then you're dealing with it at a policy level.

0:7:40.860 --> 0:7:44.350  
Keir Williams  
Potentially then, more rather than yeah.

0:7:44.360 --> 0:7:45.590  
Keir Williams  
So no, actually let me go back.

0:7:46.100 --> 0:7:49.740  
Keir Williams  
Do you have a workplace where and people do you have access to people?

0:7:49.750 --> 0:7:51.450  
Keir Williams  
Do you think with PCOS you can talk to?

0:7:53.260 --> 0:7:58.470  
Radha Joglekar  
Umm, I'm confident in the fact that many women have it.

0:8:0.200 --> 0:8:0.420  
Keir Williams  
Yep.

0:8:4.120 --> 0:8:7.10  
Keir Williams  
There are, but my point is, which workplace?

0:7:58.480 --> 0:8:8.120  
Radha Joglekar  
One in 10 women have it, so there are bound to be many workplaces which has women here that.

0:8:7.20 --> 0:8:10.320  
Keir Williams  
If you got access to when your company, you can talk to women about their periods.

0:8:11.80 --> 0:8:11.650  
Radha Joglekar  
Right.

0:8:11.660 --> 0:8:13.970  
Radha Joglekar  
That is what I'm not sure about.

0:8:13.980 --> 0:8:23.330  
Radha Joglekar  
I was looking up on LinkedIn about, you know, some brands like there's this band called Herity, which makes all these sanitary products for women.

0:8:23.770 --> 0:8:23.990  
Keir Williams  
OK.

0:8:23.800 --> 0:8:32.140  
Radha Joglekar  
I don't know that could be a potential partnership or something like that or it could be a, I don't know, like design workplace wherein, you know, women work.

0:8:32.150 --> 0:8:37.570  
Radha Joglekar  
For example, I used to work at frog, so they have a collaboration with.

0:8:36.730 --> 0:8:38.350  
Keir Williams  
You do when it's go, go, go back.

0:8:38.360 --> 0:8:39.250  
Keir Williams  
You used to work at Frog.

0:8:40.740 --> 0:8:41.730  
Keir Williams  
OK.

0:8:40.20 --> 0:8:42.850  
Radha Joglekar  
Yeah, frog back home in India, yeah.

0:8:45.840 --> 0:8:46.450  
Radha Joglekar  
Yeah.

0:8:41.920 --> 0:8:47.200  
Keir Williams  
Yeah, operating safeguard, they've got lots of, they've got offices here because I know people in Bristol to do it.

0:8:46.460 --> 0:8:49.60  
Radha Joglekar  
Yeah, right.

0:8:47.210 --> 0:8:49.70  
Keir Williams  
OK, so support work.

0:8:49.500 --> 0:8:50.770  
Keir Williams  
So do you think they can?

0:8:51.0 --> 0:8:51.620  
Keir Williams  
Yeah, go on.

0:8:49.450 --> 0:8:53.90  
Radha Joglekar  
So they have a, so they will go.

0:8:53.100 --> 0:8:56.910  
Radha Joglekar  
They had a workshop in collaboration with women in innovation.

0:8:57.360 --> 0:8:57.550  
Keir Williams  
Yeah.

0:8:57.70 --> 0:8:59.230  
Radha Joglekar  
That's another organization, so I don't know.

0:8:59.240 --> 0:9:3.350  
Radha Joglekar  
Some women LED organizations might be a good place to start, yeah.

0:9:1.850 --> 0:9:3.940  
Keir Williams  
OK, So what I would say is then right?

0:9:3.950 --> 0:9:6.20  
Keir Williams  
I think this is actually quite clear, mate.

0:9:6.750 --> 0:9:7.70  
Radha Joglekar  
OK.

0:9:7.920 --> 0:9:8.340  
Radha Joglekar  
Oh, OK.

0:9:6.30 --> 0:9:8.440  
Keir Williams  
You're saying I've done much like again.

0:9:8.450 --> 0:9:10.180  
Keir Williams  
This is the same conversation I would love for you.

0:9:10.190 --> 0:9:11.800  
Keir Williams  
It's really nice because you work hard.

0:9:11.810 --> 0:9:14.440  
Keir Williams  
So you're thinking the difficulties just getting on paper, right?

0:9:14.780 --> 0:9:15.170  
Radha Joglekar  
Right.

0:9:17.730 --> 0:9:17.870  
Radha Joglekar  
Yeah.

0:9:14.610 --> 0:9:27.690  
Keir Williams  
So for me, that's the big one for you guys is like how sorry I think the question we can form based on the research you've been talking about is how can we support them in the UK PCOS in the workplace.

0:9:28.20 --> 0:9:28.420  
Keir Williams  
Right.

0:9:28.720 --> 0:9:29.200  
Radha Joglekar  
Right.

0:9:29.80 --> 0:9:33.130  
Keir Williams  
Then we talked about the fact that we need to know what is PCOS.

0:9:33.650 --> 0:9:34.10  
Radha Joglekar  
Right.

0:9:33.200 --> 0:9:39.660  
Keir Williams  
We need to talk about the effects of that on women in terms of the medical effects, but then also the social effects.

0:9:38.290 --> 0:9:40.570  
Radha Joglekar  
Umm, right.

0:9:39.860 --> 0:9:42.940  
Keir Williams  
So, do you know the social model return the social model?

0:9:44.490 --> 0:9:44.980  
Keir Williams  
We heard that.

0:9:44.670 --> 0:9:48.770  
Radha Joglekar  
Umm, no, I'm not sure what you mean.

0:9:47.940 --> 0:9:54.710  
Keir Williams  
OK, So what I'm gonna say is you need to look at this this theory of the social model of disability.

0:9:54.720 --> 0:9:56.660  
Keir Williams  
I've I've that video I put in the chat.

0:9:57.280 --> 0:9:57.480  
Radha Joglekar  
Yeah.

0:9:57.740 --> 0:9:58.390  
Keir Williams  
It's my.

0:9:57.540 --> 0:10:1.910  
Keir Williams  
Me talking about my work and social the social model, but it has an explanation.

0:10:3.320 --> 0:10:3.600  
Radha Joglekar  
OK.

0:10:2.0 --> 0:10:5.50  
Keir Williams  
Listen to that, because this is probably the best one I've ever given.

0:10:6.370 --> 0:10:6.850  
Radha Joglekar  
Uh, OK.

0:10:12.950 --> 0:10:13.170  
Radha Joglekar  
OK.

0:10:5.60 --> 0:10:19.450  
Keir Williams  
So, but essentially it says you are not disabled while you were impairment, for example, not being able to use your legs to walk, you're disabled by society.

0:10:20.20 --> 0:10:20.520  
Radha Joglekar  
All.

0:10:19.520 --> 0:10:25.730  
Keir Williams  
So the example for that would be if there was a building I wanted to get into, and I used a wheelchair.

0:10:26.630 --> 0:10:28.780  
Radha Joglekar  
You know, yeah.

0:10:26.340 --> 0:10:29.440  
Keir Williams  
If there is a ramp, then I am not disabled.

0:10:29.520 --> 0:10:31.570  
Keir Williams  
I still have an impairment, but I'm not a disabled.

0:10:31.700 --> 0:10:36.710  
Keir Williams  
If there isn't a RAM, there's stairs, then I've been disabled for that is the societal choice, right?

0:10:37.60 --> 0:10:37.800  
Radha Joglekar  
Alright.

0:10:37.100 --> 0:10:53.970  
Keir Williams  
So it places these places the impetus on on the kind of a society to fix things rather than the individual, to fix their body, which is really important because in this case, for example, so it's the basis of all accessibility and inclusion law in the UK.

0:10:54.710 --> 0:10:54.960  
Radha Joglekar  
Umm.

0:10:54.820 --> 0:11:2.350  
Keir Williams  
So in terms of this right, what we're talking about is not that women need to fix the symptoms of PCOS in their body.

0:11:3.590 --> 0:11:3.900  
Radha Joglekar  
Right.

0:11:2.820 --> 0:11:10.890  
Keir Williams  
It's that the workplace needs to fix the way that the workplace works so that women can work to the best of their ability.

0:11:11.100 --> 0:11:12.10  
Keir Williams  
So they're included.

0:11:13.40 --> 0:11:13.470  
Radha Joglekar  
Perfect.

0:11:13.20 --> 0:11:14.30  
Keir Williams  
That's quite good explanation.

0:11:16.570 --> 0:11:18.620  
Radha Joglekar  
Yeah, I'm writing it down anyways, but thank you.

0:11:18.630 --> 0:11:19.140  
Radha Joglekar  
That was great.

0:11:24.380 --> 0:11:24.650  
Radha Joglekar  
Mm-hmm.

0:11:25.310 --> 0:11:25.550  
Radha Joglekar  
Umm.

0:11:34.470 --> 0:11:34.630  
Radha Joglekar  
No.

0:11:38.760 --> 0:11:39.20  
Radha Joglekar  
Who?

0:11:25.510 --> 0:11:39.180  
Keir Williams  
Theories or frames or methodologies actually are kind of you know, it definitely fits within methodology like your view of how you're gonna approach this, because what that offers you is like, well, if we follow the social model for PCOS for these women, then how?

0:11:39.250 --> 0:11:40.360  
Keir Williams  
It's not about going well.

0:11:40.370 --> 0:11:42.970  
Keir Williams  
We need to fix the women will give you these medical things.

0:11:42.980 --> 0:11:43.840  
Keir Williams  
Here's a tablet.

0:11:44.30 --> 0:11:46.360  
Keir Williams  
It's about saying, well, how do we change the workplace?

0:11:50.840 --> 0:11:51.40  
Radha Joglekar  
Yeah.

0:11:46.850 --> 0:11:52.330  
Keir Williams  
And that just fits from the social model, and it's what you were talking about anyway, I think I am.

0:11:53.810 --> 0:11:54.230  
Radha Joglekar  
Good.

0:11:52.440 --> 0:11:54.650  
Keir Williams  
Yeah, yeah, I think it's really good.

0:11:54.660 --> 0:11:56.910  
Keir Williams  
Honestly, I think that's really now The thing is right.

0:11:57.840 --> 0:11:57.970  
Radha Joglekar  
Yeah.

0:11:56.920 --> 0:12:4.370  
Keir Williams  
So the thing that you're missing currently is you have this this good question and this kind of context and I think you can research around that.

0:12:5.130 --> 0:12:5.400  
Radha Joglekar  
I'm.

0:12:4.380 --> 0:12:8.690  
Keir Williams  
It's quite clear what you're missing is the target group that you work from.

0:12:10.30 --> 0:12:10.280  
Radha Joglekar  
OK.

0:12:8.800 --> 0:12:13.600  
Keir Williams  
So when we do research often we have a broad sort of area that we're looking at.

0:12:14.750 --> 0:12:14.880  
Radha Joglekar  
Yeah.

0:12:14.810 --> 0:12:21.0  
Keir Williams  
What you really need to do now though, is find in this case is that we're gonna find the kind of a a case study, right?

0:12:27.20 --> 0:12:28.750  
Radha Joglekar  
OK, right.

0:12:38.450 --> 0:12:38.830  
Radha Joglekar  
Right.

0:12:21.10 --> 0:12:44.390  
Keir Williams  
Kinda smaller context that will kind of bring out a lot of boiler issues and help us learn what a solution might look like now for you you need access to a group for women with PCOS in a workplace who are willing to talk about that with you and you can talk to people who work with around the area so you can talk to experts.

0:12:48.420 --> 0:12:48.690  
Radha Joglekar  
Umm.

0:12:44.400 --> 0:12:49.80  
Keir Williams  
You know you can talk, but I'm sure there's charities and support groups around this, so you could talk to them.

0:12:49.570 --> 0:12:52.860  
Keir Williams  
You can look at research, but I think really be doing this.

0:12:52.870 --> 0:12:53.460  
Keir Williams  
It would be.

0:12:53.510 --> 0:12:56.400  
Keir Williams  
It'd be key to talk to people with PCOS.

0:12:56.410 --> 0:13:0.560  
Keir Williams  
Now you need to quite quickly locate who that's gonna be.

0:13:7.870 --> 0:13:9.450  
Radha Joglekar  
Yeah, right.

0:13:0.570 --> 0:13:10.680  
Keir Williams  
I mean, it might be you could do it through frog and say look, but if you're gonna recruit people to talk about their periods, right, it's a very sensitive subject potentially, particularly as it's medical.

0:13:11.320 --> 0:13:11.520  
Radha Joglekar  
Yeah.

0:13:10.750 --> 0:13:15.840  
Keir Williams  
Now the way we can do this is you can make contact with people about how you know.

0:13:29.890 --> 0:13:30.170  
Radha Joglekar  
OK.

0:13:36.120 --> 0:13:36.310  
Radha Joglekar  
Yeah.

0:13:15.850 --> 0:13:37.460  
Keir Williams  
I'd like to, you know, I'm doing this project I'm thinking about doing this, but at the moment that you want to actually interview or record data about any of this stuff with people, you just need to talk to me first or Hena and that we make sure the way you're sending information, literally the sheet, the information recruitment sheet you sent to go, I would like you to do this study.

0:13:40.280 --> 0:13:40.580  
Radha Joglekar  
OK.

0:13:49.650 --> 0:13:49.940  
Radha Joglekar  
Right.

0:13:37.470 --> 0:13:51.90  
Keir Williams  
We need to see that before you do anything, and then when you do the interview, we need to talk to how you're doing that and recording it and what information you give to them because it's very, very it's quite sensitive thing, this information and it's identifying.

0:13:54.20 --> 0:13:54.300  
Radha Joglekar  
OK.

0:13:51.100 --> 0:13:55.310  
Keir Williams  
So we just, there's a procedure will use, but you just need to come to meet you before.

0:13:55.360 --> 0:13:59.590  
Keir Williams  
So you can do the kind of initial setup I'd like to maybe talk to three or four women about this.

0:13:59.740 --> 0:14:5.550  
Keir Williams  
Maybe you know, get their experiences recording interview, but with many you're actually asking them to do it.

0:14:5.560 --> 0:14:7.350  
Keir Williams  
You need to talk to me first or whatever.

0:14:7.510 --> 0:14:8.950  
Radha Joglekar  
OK, got it.

0:14:7.440 --> 0:14:10.200  
Keir Williams  
You have to just saying very clearly.

0:14:8.990 --> 0:14:10.830  
Radha Joglekar  
Got it. Yeah.

0:14:10.260 --> 0:14:16.60  
Keir Williams  
You have to cause we'll approve it or not, because the danger is we we are responsible for your ethics.

0:14:16.720 --> 0:14:17.40  
Radha Joglekar  
Right.

0:14:16.290 --> 0:14:23.920  
Keir Williams  
So everything went wrong and The thing is, things go wrong and it's also for your connection, because we need to understand that you'll be talking about sensitive subjects.

0:14:23.930 --> 0:14:28.580  
Keir Williams  
Sometimes things are really hard, but they'll tell you and you're not a psychologist.

0:14:26.550 --> 0:14:29.140  
Radha Joglekar  
I know, right? Yeah.

0:14:29.470 --> 0:14:33.740  
Keir Williams  
Frankly, I do this work a lot and so one of the things will be making sure is that you're safe.

0:14:34.280 --> 0:14:35.260  
Radha Joglekar  
OK, OK.

0:14:40.30 --> 0:14:40.230  
Radha Joglekar  
Yeah.

0:14:33.810 --> 0:14:41.890  
Keir Williams  
So to to go back, right, I think what you could be doing is go back to the assignment, get all the headings that you have to put in.

0:14:42.780 --> 0:14:43.110  
Radha Joglekar  
Right.

0:14:41.980 --> 0:14:49.130  
Keir Williams  
Right now, what we've got at the moment, I think is your kind of how might we, you know, this is what I'm gonna explore.

0:14:49.140 --> 0:14:50.230  
Keir Williams  
So you go exploring questions.

0:14:50.240 --> 0:14:51.690  
Keir Williams  
So how do we support women in the UK?

0:14:51.700 --> 0:14:53.30  
Keir Williams  
PCOS in the workplace?

0:14:53.800 --> 0:14:54.100  
Radha Joglekar  
Mm-hmm.

0:14:58.10 --> 0:14:58.300  
Radha Joglekar  
OK.

0:14:53.580 --> 0:14:58.810  
Keir Williams  
Why would then do is have a set of sub questions that you know.

0:15:2.830 --> 0:15:3.150  
Radha Joglekar  
Right.

0:14:59.800 --> 0:15:3.460  
Keir Williams  
So based on that question, you have lots of sub questions, so maybe I don't know.

0:15:3.470 --> 0:15:6.280  
Keir Williams  
I don't have a number here, but don't do more than like 5 right.

0:15:8.300 --> 0:15:8.560  
Radha Joglekar  
OK.

0:15:6.290 --> 0:15:13.930  
Keir Williams  
You know, there might be one or two, so it's like, well, we need to consider then what the current position for women with PCOS in the workplace is.

0:15:14.810 --> 0:15:15.110  
Radha Joglekar  
OK.

0:15:14.600 --> 0:15:20.90  
Keir Williams  
And then we need to consider how we can find out more.

0:15:20.420 --> 0:15:20.870  
Keir Williams  
Well, no.

0:15:20.880 --> 0:15:22.490  
Keir Williams  
Then we can find out what problems.

0:15:22.500 --> 0:15:24.850  
Keir Williams  
Maybe that how it may be affecting them in the workplace.

0:15:24.860 --> 0:15:26.840  
Keir Williams  
You know what problems are with that happening?

0:15:27.270 --> 0:15:27.630  
Radha Joglekar  
Right.

0:15:27.260 --> 0:15:30.440  
Keir Williams  
We we need to get that from there perspective, right.

0:15:40.320 --> 0:15:40.570  
Radha Joglekar  
That's.

0:15:30.710 --> 0:15:40.810  
Keir Williams  
And then from that, the research should then lead to potential solutions or potential systems that services that could support those women, right, because that's the thing that service design.

0:15:40.820 --> 0:15:41.990  
Keir Williams  
So you just need that extra.

0:15:42.440 --> 0:15:48.440  
Keir Williams  
You've talked to when you find out about this stuff and then finally well what? What what could we offer that would help them right?

0:15:48.520 --> 0:15:49.250  
Keir Williams  
That would support them.

0:15:50.530 --> 0:15:51.280  
Radha Joglekar  
OK, OK. Yeah.

0:15:50.520 --> 0:15:55.760  
Keir Williams  
So the key thing here is whilst you're doing your research right, you're getting loads of papers information.

0:15:58.790 --> 0:15:59.110  
Radha Joglekar  
OK.

0:15:55.770 --> 0:16:0.140  
Keir Williams  
Just make sure you're storing them under kind of categories so that when you come back to this you can just paste them in.

0:16:1.230 --> 0:16:1.650  
Radha Joglekar  
Right.

0:16:0.150 --> 0:16:7.580  
Keir Williams  
Basically, you know, just don't lose that information cause that be that like ohh I'd read that thing, just make sure you've got those in a really sensible form.

0:16:7.590 --> 0:16:8.40  
Keir Williams  
Use ref.

0:16:9.490 --> 0:16:10.290  
Radha Joglekar  
OK, sure.

0:16:8.50 --> 0:16:15.830  
Keir Williams  
Works if you've got it, and now I think in terms of methodology because it's your other big one, you've got quite a nice setup here.

0:16:15.840 --> 0:16:16.580  
Keir Williams  
Really, you've got.

0:16:16.590 --> 0:16:18.750  
Keir Williams  
You're gonna use kind of service design methodology.

0:16:21.720 --> 0:16:22.20  
Radha Joglekar  
Umm.

0:16:18.760 --> 0:16:24.330  
Keir Williams  
You codesign methodologies right, and you could be more specific, but they work at least get a reference for those.

0:16:25.310 --> 0:16:25.570  
Radha Joglekar  
OK.

0:16:25.180 --> 0:16:34.630  
Keir Williams  
But then what you can do is also consider the social model and how that might be applied in this context, and that gives you your methodology and then your methods are like interviews.

0:16:34.640 --> 0:16:37.650  
Keir Williams  
Whatever you do well, right, you know, workshops.

0:16:43.100 --> 0:16:43.320  
Radha Joglekar  
Umm.

0:16:37.660 --> 0:16:47.760  
Keir Williams  
However, you wanna do that bit because the the methods the methodology is the kind of broader stuff which is codesign and wherever I just said and then your methods are more just how you're gonna do it.

0:16:48.360 --> 0:16:48.680  
Radha Joglekar  
Right.

0:16:47.910 --> 0:16:53.820  
Keir Williams  
So the key thing here is you've got a question, how do we support women in the UK with PCs in the workplace?

0:16:54.670 --> 0:16:54.940  
Radha Joglekar  
Right.

0:16:54.110 --> 0:16:59.20  
Keir Williams  
So what you have to show in your methods is that, well, are we use these tools to answer that question?

0:16:59.370 --> 0:17:0.110  
Keir Williams  
Doesn't make sense.

0:17:0.850 --> 0:17:2.240  
Keir Williams  
So you know, yeah.

0:16:59.970 --> 0:17:2.310  
Radha Joglekar  
Umm yeah, OK.

0:17:2.250 --> 0:17:6.80  
Keir Williams  
If I do interview well to answer this question, we need to find out from them.

0:17:6.90 --> 0:17:8.640  
Keir Williams  
So therefore we use code design to do the code design.

0:17:8.650 --> 0:17:10.700  
Keir Williams  
I will do a workshop with women will make.

0:17:10.710 --> 0:17:13.50  
Keir Williams  
I don't know drawings about it.

0:17:13.60 --> 0:17:13.670  
Keir Williams  
Do you know what I mean?

0:17:14.750 --> 0:17:14.970  
Radha Joglekar  
Yeah.

0:17:13.680 --> 0:17:15.340  
Keir Williams  
And then we'll synthesize that.

0:17:15.350 --> 0:17:21.850  
Keir Williams  
And then from that we will get a set of insights which we will produce the final system design from service design from.

0:17:22.250 --> 0:17:24.240  
Keir Williams  
So it's like a story is what we're doing here.

0:17:22.730 --> 0:17:25.500  
Radha Joglekar  
OK, right. Better.

0:17:25.80 --> 0:17:27.430  
Keir Williams  
The headings you've got though will be really useful.

0:17:27.640 --> 0:17:32.580  
Keir Williams  
I've I've recorded this as well but yeah, so because we haven't got long but questions.

0:17:34.570 --> 0:17:37.40  
Radha Joglekar  
Ah OK.

0:17:37.50 --> 0:17:42.420  
Radha Joglekar  
So based on that like I'll do, I need to do more research, of course.

0:17:44.10 --> 0:17:44.420  
Keir Williams  
No, no.

0:17:44.430 --> 0:17:44.700  
Keir Williams  
Stop.

0:17:42.430 --> 0:17:46.60  
Radha Joglekar  
But you think it's fine if no.

0:17:44.710 --> 0:17:46.280  
Keir Williams  
Actually not research of course.

0:17:47.130 --> 0:17:47.610  
Radha Joglekar  
No, I mean.

0:17:46.730 --> 0:17:47.860  
Keir Williams  
Be more like.

0:17:48.130 --> 0:17:48.580  
Keir Williams  
No, no, no.

0:17:48.720 --> 0:17:49.80  
Keir Williams  
I'm just.

0:17:49.90 --> 0:17:51.250  
Keir Williams  
I'm being a bit of a kit here, but I'm just gonna say this.

0:17:51.930 --> 0:17:52.250  
Radha Joglekar  
OK.

0:17:51.260 --> 0:17:53.490  
Keir Williams  
So be strategic, right?

0:17:53.500 --> 0:17:56.270  
Keir Williams  
You have a set of simple questions you, well, seemingly type.

0:17:58.770 --> 0:17:58.990  
Radha Joglekar  
Yeah.

0:17:56.280 --> 0:18:0.460  
Keir Williams  
The first thing is right set of questions that then tells you what you gotta go and research.

0:18:0.620 --> 0:18:2.190  
Keir Williams  
Because if I if you've got.

0:18:2.270 --> 0:18:3.580  
Keir Williams  
What is PCOS, right?

0:18:3.590 --> 0:18:5.200  
Keir Williams  
That's one of my questions I've had for you.

0:18:4.300 --> 0:18:6.160  
Radha Joglekar  
Yeah, yeah.

0:18:5.410 --> 0:18:7.680  
Keir Williams  
Then get all the research together and write us.

0:18:7.690 --> 0:18:10.730  
Keir Williams  
Just start, just write a paragraph.

0:18:11.170 --> 0:18:11.370  
Radha Joglekar  
Mm-hmm.

0:18:10.830 --> 0:18:14.120  
Keir Williams  
Doesn't matter if it's crap that just brings in all the bits of information.

0:18:14.130 --> 0:18:15.230  
Keir Williams  
You got it in your head, right?

0:18:15.240 --> 0:18:16.450  
Keir Williams  
A paragraph under it.

0:18:16.310 --> 0:18:17.470  
Radha Joglekar  
OK, OK.

0:18:16.660 --> 0:18:17.750  
Keir Williams  
OK then.

0:18:17.940 --> 0:18:20.300  
Keir Williams  
But what I'm saying is then you could be strategic about the research.

0:18:20.310 --> 0:18:21.390  
Keir Williams  
You don't have to keep on doing it.

0:18:21.400 --> 0:18:23.940  
Keir Williams  
You can say, well, have probably answered that enough.

0:18:23.760 --> 0:18:24.840  
Radha Joglekar  
OK, OK.

0:18:24.120 --> 0:18:25.210  
Keir Williams  
So I'll go to the next one.

0:18:25.320 --> 0:18:26.190  
Keir Williams  
Do you see what I mean?

0:18:26.700 --> 0:18:27.160  
Radha Joglekar  
Yeah, yeah.

0:18:26.340 --> 0:18:31.190  
Keir Williams  
And make sure you're, you know, at the end of each of those bits of research, you just summarizing in the paragraph the important bits.

0:18:32.520 --> 0:18:32.880  
Radha Joglekar  
Umm.

0:18:32.120 --> 0:18:38.730  
Keir Williams  
I'm, you know, and then maybe a couple of, you know, don't forget to reference that sort and and citations are your friends, right?

0:18:37.270 --> 0:18:39.750  
Radha Joglekar  
Yes, very, very.

0:18:40.340 --> 0:18:40.540  
Radha Joglekar  
Yeah.

0:18:38.740 --> 0:18:41.450  
Keir Williams  
They do the work for you now.

0:18:41.460 --> 0:18:41.890  
Keir Williams  
I see it.

0:18:41.10 --> 0:18:42.430  
Radha Joglekar  
Uh, right.

0:18:42.140 --> 0:18:42.710  
Keir Williams  
OK.

0:18:42.760 --> 0:18:46.670  
Keir Williams  
And then, yeah, and then I think the big thing for us is that it's a proposal.

0:18:46.680 --> 0:18:48.970  
Keir Williams  
What we're looking for is that we're convinced you can work.

0:18:52.950 --> 0:18:53.250  
Radha Joglekar  
Umm.

0:18:48.980 --> 0:18:54.860  
Keir Williams  
You have access and can work with these people that you've said I'm you know, so if you can say.

0:18:54.870 --> 0:18:56.620  
Keir Williams  
Yeah, I have a contact at frog.

0:18:56.710 --> 0:18:58.280  
Keir Williams  
They've already done this similar work.

0:18:58.940 --> 0:18:59.170  
Radha Joglekar  
Mm-hmm.

0:18:58.290 --> 0:19:0.480  
Keir Williams  
I've already asked if we may be able to.

0:19:2.500 --> 0:19:4.60  
Radha Joglekar  
Mm-hmm. OK.

0:19:0.650 --> 0:19:4.920  
Keir Williams  
I will do it in this way, then great, you know, because you know, actually doing research it aren't you.

0:19:5.790 --> 0:19:6.830  
Keir Williams  
What did you do before this?

0:19:8.450 --> 0:19:10.820  
Radha Joglekar  
Uh, just reading up about the topic.

0:19:10.550 --> 0:19:11.120  
Keir Williams  
No, sorry.

0:19:11.130 --> 0:19:12.160  
Keir Williams  
I meant generally in life.

0:19:12.170 --> 0:19:14.150  
Keir Williams  
What was your sort background before the MA?

0:19:12.800 --> 0:19:16.920  
Radha Joglekar  
Oh, sorry, I was a visual designer.

0:19:16.930 --> 0:19:24.680  
Radha Joglekar  
I studied visual communication and graphic design and I was a visual designer at frog for two years if I yeah.

0:19:22.850 --> 0:19:25.840  
Keir Williams  
OK, so right, what I'm gonna say is I've said this to everyone.

0:19:25.990 --> 0:19:29.820  
Keir Williams  
There's they've got like 1500 applications for this masters, right?

0:19:29.830 --> 0:19:30.680  
Keir Williams  
And you've got on.

0:19:31.230 --> 0:19:31.410  
Radha Joglekar  
Yeah.

0:19:31.50 --> 0:19:32.340  
Keir Williams  
There's a reason you're here.

0:19:32.390 --> 0:19:34.670  
Keir Williams  
You have a practice that you've built on for ages.

0:19:34.680 --> 0:19:37.960  
Keir Williams  
What you're doing on your masters is you've relearned and learned a load.

0:19:37.970 --> 0:19:38.900  
Keir Williams  
And new stuff.

0:19:39.350 --> 0:19:39.680  
Radha Joglekar  
You.

0:19:38.970 --> 0:19:43.540  
Keir Williams  
But what you're also doing is building on the practice you had before, so don't forget that, right?

0:19:44.30 --> 0:19:44.270  
Radha Joglekar  
Yes.

0:19:43.550 --> 0:19:47.910  
Keir Williams  
Why would suggest is make sure you're you're keeping up to date with.

0:19:47.920 --> 0:19:48.260  
Keir Williams  
Kind of.

0:19:48.270 --> 0:19:49.760  
Keir Williams  
You know you're tools, right?

0:19:50.350 --> 0:19:50.660  
Radha Joglekar  
Umm.

0:19:54.10 --> 0:19:54.340  
Radha Joglekar  
Right.

0:19:49.770 --> 0:20:0.610  
Keir Williams  
The things that you like making, so whether that's, you know, websites or I don't know the things you, you don't know what the final solution for this is gonna be, right.

0:20:0.90 --> 0:20:1.410  
Radha Joglekar  
OK, right. Yeah.

0:20:0.830 --> 0:20:2.690  
Keir Williams  
But you can still start experimenting.

0:20:2.700 --> 0:20:3.640  
Keir Williams  
That's what I'm gonna say.

0:20:4.480 --> 0:20:5.710  
Radha Joglekar  
Hmm, OK.

0:20:4.210 --> 0:20:8.750  
Keir Williams  
So you know, you might have some pensions, so try those hunches out, right.

0:20:9.990 --> 0:20:10.290  
Radha Joglekar  
OK.

0:20:8.760 --> 0:20:10.500  
Keir Williams  
You know to do some little things.

0:20:10.510 --> 0:20:11.880  
Keir Williams  
I know you haven't talked to anyone yet.

0:20:11.890 --> 0:20:12.890  
Keir Williams  
You can still make things.

0:20:12.900 --> 0:20:15.460  
Keir Williams  
You can still try stuff posters.

0:20:13.680 --> 0:20:16.620  
Radha Joglekar  
Hmm yeah.

0:20:15.470 --> 0:20:17.130  
Keir Williams  
You know what would happen if I did this?

0:20:22.940 --> 0:20:23.340  
Radha Joglekar  
Hmm.

0:20:17.430 --> 0:20:23.900  
Keir Williams  
Because when you do come to do the research and find out what you need to build, then you've got stuff you can pull on like they're not separate.

0:20:26.720 --> 0:20:27.100  
Radha Joglekar  
OK.

0:20:24.30 --> 0:20:27.660  
Keir Williams  
Sometimes we separate them a bit because I don't have the idea first.

0:20:29.410 --> 0:20:29.620  
Radha Joglekar  
Yeah.

0:20:27.670 --> 0:20:32.30  
Keir Williams  
But actually yeah, do have some, you know, work on some ideas that you've been thinking of.

0:20:33.460 --> 0:20:33.810  
Radha Joglekar  
Right.

0:20:33.10 --> 0:20:34.60  
Keir Williams  
This is good.

0:20:34.250 --> 0:20:36.390  
Keir Williams  
So we started this with, I don't know what I'm doing.

0:20:36.400 --> 0:20:37.360  
Keir Williams  
I haven't done any work.

0:20:37.370 --> 0:20:37.640  
Keir Williams  
Panic.

0:20:37.650 --> 0:20:37.900  
Keir Williams  
Panic.

0:20:38.790 --> 0:20:38.940  
Radha Joglekar  
Yeah.

0:20:37.910 --> 0:20:39.70  
Keir Williams  
Panic, right?

0:20:39.130 --> 0:20:39.950  
Keir Williams  
Don't told me.

0:20:39.960 --> 0:20:41.160  
Keir Williams  
Was we talked it through.

0:20:43.560 --> 0:20:43.730  
Radha Joglekar  
Yeah.

0:20:41.170 --> 0:20:44.620  
Keir Williams  
What there is quite a lot to do here, but it's none of it's, you know.

0:20:44.810 --> 0:20:45.540  
Keir Williams  
Undoable.

0:20:46.280 --> 0:20:46.460  
Radha Joglekar  
Yeah.

0:20:45.550 --> 0:20:50.360  
Keir Williams  
I think the thing that's gonna be hard is just make getting hold of people to do this.

0:20:50.590 --> 0:20:51.70  
Radha Joglekar  
Right.

0:20:54.680 --> 0:20:54.990  
Radha Joglekar  
Umm.

0:20:50.550 --> 0:20:58.230  
Keir Williams  
So you only need a few and also you don't need 20 interviews, you need like you know maybe depending on the size of the workplace exposed.

0:21:1.70 --> 0:21:1.330  
Radha Joglekar  
Right.

0:20:58.240 --> 0:21:1.610  
Keir Williams  
But like 4-5 right, you don't want to.

0:21:1.660 --> 0:21:3.30  
Keir Williams  
You don't want to be hours long.

0:21:4.110 --> 0:21:4.450  
Radha Joglekar  
OK.

0:21:3.570 --> 0:21:8.260  
Keir Williams  
Maybe do some kind of code as I'm workshop with them so don't just do a straight interview.

0:21:8.270 --> 0:21:15.660  
Keir Williams  
Maybe have a mechanism like you know if something we can you can draw as well as questions that will kind of help you talk some about it.

0:21:15.770 --> 0:21:16.640  
Keir Williams  
So don't just do.

0:21:16.390 --> 0:21:16.750  
Radha Joglekar  
Umm.

0:21:19.60 --> 0:21:19.360  
Radha Joglekar  
OK.

0:21:16.650 --> 0:21:22.390  
Keir Williams  
I would do the teams interview, but you can totally do that, but that's the bit I think you're gonna need to work on the most.

0:21:24.230 --> 0:21:24.600  
Radha Joglekar  
Right.

0:21:24.370 --> 0:21:26.660  
Keir Williams  
Is called, though, so we're gonna ask you to do is what?

0:21:26.670 --> 0:21:27.470  
Keir Williams  
What's your project about?

0:21:30.240 --> 0:21:36.290  
Radha Joglekar  
Uh women in workplaces who have PCOS? Uh.

0:21:35.640 --> 0:21:36.560  
Keir Williams  
OK, let's start going.

0:21:36.570 --> 0:21:37.270  
Keir Williams  
You've got this.

0:21:37.280 --> 0:21:37.570  
Keir Williams  
What?

0:21:37.580 --> 0:21:38.890  
Keir Williams  
What is the project about?

0:21:38.900 --> 0:21:42.530  
Keir Williams  
Just simply, how can we start with?

0:21:42.540 --> 0:21:43.100  
Keir Williams  
How can we?

0:21:44.630 --> 0:21:45.0  
Radha Joglekar  
OK.

0:21:45.10 --> 0:21:53.220  
Radha Joglekar  
How can we umm and Bauer women with PCOS in the workplace in the UK?

0:21:54.110 --> 0:21:54.560  
Keir Williams  
Go.

0:21:54.610 --> 0:21:55.120  
Keir Williams  
I don't know.

0:21:57.380 --> 0:21:57.580  
Radha Joglekar  
Yeah.

0:21:55.130 --> 0:21:59.690  
Keir Williams  
The only thing within power right is I agree with it, but that makes it more complicated.

0:22:0.610 --> 0:22:3.380  
Radha Joglekar  
Ah, OK, OK.

0:22:1.220 --> 0:22:5.380  
Keir Williams  
You have to tell this cause you still have to explain what support means, but empowering.

0:22:5.390 --> 0:22:9.300  
Keir Williams  
I think you can talk about empowering women within talking about supporting them.

0:22:9.550 --> 0:22:10.560  
Keir Williams  
Do you see what I'm doing here?

0:22:11.190 --> 0:22:11.560  
Radha Joglekar  
OK.

0:22:14.380 --> 0:22:14.520  
Radha Joglekar  
No.

0:22:15.720 --> 0:22:16.300  
Radha Joglekar  
OK, so.

0:22:10.570 --> 0:22:16.490  
Keir Williams  
Because you're questions like you're beholden to your research question, you know, just keep this.

0:22:16.500 --> 0:22:23.550  
Keir Williams  
As I said, how, how, how or how might we support women in the UK with PCOS in their workplace?

0:22:24.270 --> 0:22:24.530  
Radha Joglekar  
OK.

0:22:29.70 --> 0:22:29.310  
Radha Joglekar  
Umm.

0:22:23.960 --> 0:22:30.710  
Keir Williams  
And again, that will probably The thing is your question can change as well during the research, but that's something that happens, right?

0:22:31.640 --> 0:22:31.820  
Radha Joglekar  
Yeah.

0:22:30.720 --> 0:22:36.550  
Keir Williams  
You just explain that afterwards, but having something really simple to start with means you then break that into smaller questions.

0:22:37.50 --> 0:22:37.470  
Radha Joglekar  
Right.

0:22:36.700 --> 0:22:39.770  
Keir Williams  
I've got go fairly soon 2 minutes so questions.

0:22:39.540 --> 0:22:39.850  
Radha Joglekar  
Ohh.

0:22:41.620 --> 0:22:45.550  
Radha Joglekar  
No, I think I'm gonna follow the steps that you've just told me.

0:22:45.560 --> 0:22:47.630  
Radha Joglekar  
And then I'm gonna get back to you.

0:22:47.790 --> 0:22:50.100  
Keir Williams  
Mukul, why would also say is right.

0:22:48.300 --> 0:22:50.720  
Radha Joglekar  
So yeah.

0:22:50.230 --> 0:22:52.420  
Keir Williams  
All of this stuff is just my opinion at this point.

0:22:52.430 --> 0:22:54.830  
Keir Williams  
I think relying you know what you're doing.

0:22:54.840 --> 0:22:58.300  
Keir Williams  
You just start just right now.

0:22:58.310 --> 0:22:59.400  
Keir Williams  
Go to assessment.

0:22:57.990 --> 0:23:2.220  
Radha Joglekar  
Umm yeah, you know.

0:22:59.410 --> 0:23:2.480  
Keir Williams  
Get those headings and put them on a piece of paper just for now, right?

0:23:2.490 --> 0:23:7.350  
Keir Williams  
And then see what you can fill in, cause having even a couple of lines that say I don't know helps.

0:23:7.240 --> 0:23:7.440  
Radha Joglekar  
Yeah.

0:23:9.810 --> 0:23:10.20  
Radha Joglekar  
Yeah.

0:23:8.780 --> 0:23:10.680  
Keir Williams  
I mean, I'm and it's not gonna be that long.

0:23:10.690 --> 0:23:13.430  
Keir Williams  
The other thing is work out your workout for the different sections.

0:23:14.200 --> 0:23:14.660  
Radha Joglekar  
OK.

0:23:19.610 --> 0:23:19.850  
Radha Joglekar  
Umm.

0:23:14.60 --> 0:23:21.330  
Keir Williams  
Cause say I mean I know I don't think you've got a set where it can, but you're not gonna want it much longer than, like, you know, two 3000 words make me 3000 words.

0:23:21.340 --> 0:23:22.90  
Keir Williams  
Do you know what I mean?

0:23:22.580 --> 0:23:23.380  
Radha Joglekar  
OK. Yeah.

0:23:26.250 --> 0:23:27.560  
Radha Joglekar  
Yeah. OK.

0:23:22.340 --> 0:23:28.330  
Keir Williams  
So you'll find you're gonna run out of space very quickly, and it's not a lot to write.

0:23:28.340 --> 0:23:28.870  
Keir Williams  
You know, you were.

0:23:28.880 --> 0:23:30.870  
Keir Williams  
It's a proposal, not the actual research. And maybe.

0:23:30.880 --> 0:23:31.140  
Keir Williams  
Yeah.

0:23:36.920 --> 0:23:37.480  
Radha Joglekar  
OK. Yeah.

0:23:31.150 --> 0:23:38.230  
Keir Williams  
Even though I don't know, I'm not sure on what accounts, but I wouldn't want it much longer than two 3000, you know, few pages.

0:23:38.240 --> 0:23:42.490  
Keir Williams  
So yeah, and it always helps when you go OHS only like 100 words of go there.

0:23:43.60 --> 0:23:44.330  
Radha Joglekar  
Umm, OK.

0:23:42.560 --> 0:23:44.690  
Keir Williams  
So yeah, you got this.

0:23:44.750 --> 0:23:45.270  
Keir Williams  
You got this.

0:23:45.280 --> 0:23:45.630  
Keir Williams  
You're good.

0:23:45.640 --> 0:23:47.50  
Keir Williams  
And remember what you do right?

0:23:44.340 --> 0:23:47.900  
Radha Joglekar  
Yeah, yeah, yeah. Yep.

0:23:47.60 --> 0:23:51.770  
Keir Williams  
And I'll try and maybe tomorrow I'm gonna fiddle with some scripts, but I'll try and send you a summary of this.

0:23:52.210 --> 0:23:52.670  
Radha Joglekar  
Oh, OK.

0:23:51.940 --> 0:23:54.240  
Keir Williams  
I'll definitely send you the recording at least.

0:23:54.970 --> 0:23:55.340  
Radha Joglekar  
Yep.

0:23:55.390 --> 0:23:56.560  
Radha Joglekar  
Thank you so much.

0:23:56.850 --> 0:23:57.230  
Keir Williams  
You are.

0:23:56.570 --> 0:23:58.210  
Radha Joglekar  
I've taken down the notes, but thank you.

0:23:58.730 --> 0:23:59.80  
Keir Williams  
Good.

0:23:59.90 --> 0:24:0.290  
Keir Williams  
But honestly, you've got this.

0:24:0.300 --> 0:24:1.250  
Keir Williams  
You're really good at this.

0:24:1.260 --> 0:24:2.580  
Keir Williams  
They did it again.

0:24:2.650 --> 0:24:3.340  
Keir Williams  
You started with.

0:24:3.350 --> 0:24:4.220  
Keir Williams  
I don't know what I'm doing.

0:24:4.810 --> 0:24:5.70  
Radha Joglekar  
Yeah.

0:24:4.230 --> 0:24:6.480  
Keir Williams  
You finished with how, Mike, how can we?

0:24:6.490 --> 0:24:7.880  
Keir Williams  
How might we support him in the UK?

0:24:7.890 --> 0:24:9.40  
Keir Williams  
PCs in the workplace.

0:24:9.610 --> 0:24:9.920  
Radha Joglekar  
Yep.

0:24:9.110 --> 0:24:10.80  
Keir Williams  
So next time we have it goes.

0:24:10.90 --> 0:24:10.640  
Keir Williams  
What you doing?

0:24:10.650 --> 0:24:11.180  
Keir Williams  
You go.

0:24:11.270 --> 0:24:14.940  
Keir Williams  
Ohh well, we're looking at how we might support him in the UK. It would.

0:24:15.420 --> 0:24:15.790  
Radha Joglekar  
Yep.

0:24:14.950 --> 0:24:19.390  
Keir Williams  
PCOS in the workplace and should be like ohh and I'll be like yeah, but you got this.

0:24:19.400 --> 0:24:20.560  
Radha Joglekar  
Yeah. Yeah.

0:24:20.600 --> 0:24:21.130  
Radha Joglekar  
Go to.

0:24:21.360 --> 0:24:23.450  
Radha Joglekar  
Thank you. Yeah.

0:24:26.540 --> 0:24:27.60  
Radha Joglekar  
Later.

0:24:21.600 --> 0:24:27.210  
Keir Williams  
Ohh last thing is just remember you have to talk to us before you actually approach people to do the actual research.

0:24:27.720 --> 0:24:28.550  
Radha Joglekar  
Yeah, for sure.

0:24:28.600 --> 0:24:29.240  
Radha Joglekar  
Yep. Yep. Yep.

0:24:27.520 --> 0:24:30.180  
Keir Williams  
OK, looks good exercise that alright mate.

0:24:30.210 --> 0:24:30.410  
Radha Joglekar  
Yeah.

0:24:30.190 --> 0:24:30.670  
Keir Williams  
I've gotta go.

0:24:30.760 --> 0:24:31.200  
Keir Williams  
Bye bye.

0:24:31.350 --> 0:24:31.860  
Radha Joglekar  
OK.

0:24:31.870 --> 0:24:32.510  
Radha Joglekar  
Thank you. Bye.