

2025 ARMS Conference – Reflections and Learnings

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The 2025 ARMS Conference was the first professional research management conference I've attended – and from the moment I stepped into the bustling foyer, with the hum of conversation, the whir of coffee machines, and a real buzz of excitement in the air, I knew I was in for a great experience.

The night before, I faced a real dilemma: how on earth was I supposed to choose just one session per time slot? With six concurrent sessions running, all equally interesting and promising valuable insights, it really put my FOMO to the test!

I came prepared – printed program in hand, with stars next to the sessions I didn't want to miss – and did my best to navigate my way across the venue to catch everything I could.

What I enjoyed most were the concurrent sessions. These short, punchy 25-minute talks were packed with valuable insights. I especially appreciated the presenters' candour in sharing both the opportunities and challenges they'd faced in their work. The case studies were incredibly useful, and it reminded me just how open and collaborative our research management community can be — sharing experiences to help lift each other up. It's clear we're all working toward the same goals with a shared passion and commitment.

Attending the conference also gave me a new perspective on presenting. Observing how speakers structured and delivered their content was incredibly helpful, especially as I look ahead to presenting myself in the future. It gave me a sense of how much you can share in a short timeframe, what engages an audience, what takeaways matter most, and how to invite people into further conversation.

It also gave me a deeper appreciation of the experience from a researcher's perspective – from the scale and format, to things like poster presentations and networking opportunities.

A big thank you to the organising and programming committee for putting together such an incredible event. I'm truly grateful for the opportunity to attend and for the support that made it possible.