# Buddy scheme email 1

## Opt-in invite to join a buddy scheme

Subject : Buddy scheme invite

Dear All,

We’re taking sign-ups for round [number] of the Prosper Pilot cohort random buddy conversation scheme.

This is a different way we are trailing of encouraging socialising and peer support across the cohort. We want to give cohort members the opportunity to meet, make new contacts, share ideas, talk about how career development is going or simply enliven the working day with a relaxing chat on non-work subjects.

Getting together to have a chat can really help if you’re feeling stuck or in a bit of a lull, and it can just be nice to meet other members of the cohort in the same boat as you that you’ve not had the chance to talk to yet.

**How it works**

Those wishing to take part in the Prosper Pilot cohort random buddy conversation scheme will be randomly matched with three other postdocs in the cohort (depending on numbers signing up), so there will be four in a group.  You will be notified by email of who you have been matched with and then you will have a three-week time-frame within which to arrange a meeting amongst yourselves. In this email we’ll also include a couple of suggested prompts you could use, if you like, to get the conversation going.

In some cases, you may be matched with someone who you already know or who you have met with before, but we still recommend taking the time to take a break from work, have a chat and reconnect with your fellow cohort members. (We will aim to mix you up but obviously this is dependent on who signs up).

Please respect the preferences of all participants when deciding the meeting format (online via Zoom or Teams, or face-to-face) and time to meet. We suggest approximately 20-30 minutes for the meeting.

The topic of conversation will be up to you as a conversation group.  You can choose to discuss your career development, work, your research, or subjects entirely unrelated to work.

As we’re trying this out we’ll be contacting you after the three week time-frame has elapsed for your feedback on the scheme.

**How to sign up**

Simply reply to this email saying ‘**yes, sign-me up**’ no later than [date]. We’ll then randomly assign folk and email you with who you’ve been buddied with during the week beginning [date].

Best wishes,

[name]