# README file

**About the data set**

LJMU Dr Oladayo Bifarin: 'You've got to be comfortable being uncomfortable' podcast (Audio Mp4 File)

Rights Holder : Dr Andrew Finney – Podcast host

Podcast was published 6th of May, 2024.

This excerpt from The Nurse Researcher Podcast introduces its second series, which shines a spotlight on the diverse roles of clinical academics. Through conversations with professionals such as Dr Oladayo Bifarin, a Senior Lecturer at Liverpool John Moore’s University, the series explores their responsibilities, how they balance clinical and academic duties, and their day-to-day activities. It aims to inspire aspiring clinical academics by sharing practical tips and valuable insights. Listeners are encouraged to engage with the podcast by following, sharing, and tuning in to these thought-provoking episodes. Dr Bifarin highlights the importance of resilience and adaptability, summarised in the phrase, “You’ve got to be comfortable being uncomfortable.”

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