



## Meet Junior Agbor Ayuk, Research Consultant, EVIHDAF, Cameroon

Junior Agbor Ayuk travaille en tant que Consultant - Recherche au siège d'EVIHDAF à Yaoundé, au Cameroun. Il fait partie de l'équipe chargée d'appuyer la recherche qualitative, l'analyse des données, la communication et l'exploration des changements sociaux et comportementaux liés aux problèmes de santé publique dans les sous-régions d'Afrique centrale et occidentale. Il est camerounais et maîtrise l'anglais. Par conséquent, il soutient également l'utilisation de l'anglais au sein du bureau.

Avant de rejoindre EVIHDAF, il a travaillé comme chercheur social contractuel et indépendant pour diverses institutions de recherche, notamment le département de santé publique de l'Université de Buea et Fersilinks Research Consulting. Dans ce cadre, il a collecté des données qualitatives, effectué des analyses qualitatives avancées, créé des outils de recherche et rédigé des articles.

Junior est un doctorant au département de sociologie et d'anthropologie de l'Université de Buea au Cameroun, avec une spécialisation sur la sociologie de la santé. Sa formation universitaire a été complétée par une longue liste de cours en ligne sur la méthodologie de la recherche, l'analyse qualitative et l'administration des données. Il maîtrise une variété d'outils d'IA, dont NVivo, QUIRKOS, MAXQDA et SPSS.

### Learn more about Junior as he gives us some details about his work and life.

#### ⇒ How do you manage your time?

*I organize my time based on the various project activities I have planned for the day or week. I typically use the calendar to plan the various tasks in chronological order, considering the timing, importance, and, in some cases, relatedness of the activities.*

#### ⇒ What do you do at work on daily basis? Could you please talk about your work as regards some of the projects you are presently working on?

*I make sure to follow up on email and Slack communications, especially for projects I lead. For example, on the ASHER project, I make sure to check in with all of the different components to ensure that everything is running effectively. We've been working hard over the last few weeks to finalize the protocol for the IRB submission. For the contraceptive study, I make sure to keep track of how project activities are unfolding to ensure that we fill in and contribute what is expected of us while also contributing to the overall progress of the study.*

#### ⇒ What's the best thing about your job?

*The fact that I have the space and opportunity to reflect deeply and contribute my ideas while being challenged to think rationally.*

**⇒ What advice do you have for someone new to your domain?**

*Generally, to develop your ability to see the world through two lenses: micro and macro and also build your ability in organization and control.*

**⇒ What skills should someone in your field have?**

- *Logical reasoning*
- *Having the ability to reflect*
- *organization and communication*

**⇒ Is there a quote that motivates you?**

*I am contributing to humanity through social research*

**⇒ What skills have you found vital to your job?**

- *Organization and communication*
- *Dealing with pressure and dynamism*

**⇒ What has been your biggest success factor?**

*My ability to think rationally and also get deep reflections on subjects and context*

**⇒ How do you handle workplace disappointment?**

*I take a minute to think and reset myself and set new goals.*

**⇒ What are your long-term career goals?**

*To become a well-established researcher who is able to navigate change in my community through research*

**⇒ How do you create motivation for yourself and your team?**

*I motivate myself by setting goals and working toward them, and the same for the team.*

**⇒ How do you handle work-life balance?**

*I plan for the week and prioritize work over the course of five working days, while also working remotely from my phone at all times, and I devote the week's end to my family.*

**⇒ What about your hobbies?**

*Enjoying good music*