



NEWNHAM COLLEGE: LUCIA WINDSOR ROOM

COURSE A:

**3rd- 5th DECEMBER 2017 (WORKSHOPS 1-3)
 20th JANUARY 2018 (WORKSHOP 4)**

COURSE B:

**14th- 16th JANUARY 2018 (WORKSHOPS 1-3)
 3rd FEBRUARY 2018 (WORKSHOP 4)**

<p>WORKSHOP 1: Getting Started</p> <p>A- SUNDAY 3rd DECEMBER B- SUNDAY 14th JANUARY</p>	<ul style="list-style-type: none"> - Introduction to the SPRINT programme - Personal power - Strong women characteristics and aspirations - Support networks <p>12.30pm – Registration with tea/coffee 2pm – Refreshment break 4.30pm - Close</p>
<p>WORKSHOP 2: Getting to know yourself more</p> <p>A – MONDAY 4th DECEMBER B – MONDAY 15th JANUARY</p>	<ul style="list-style-type: none"> - Managing change – the impact - Values and drivers - Using your feelings as a guide - Techniques to build resilience - Talking about yourself with confidence - Guest speaker from Shell - Invisible Lines – diversity at work, Shell <p>9.30am – Registration with tea/coffee 11.00am – Refreshment break 1pm – Lunch 3pm – Refreshment break 5pm – Close</p>
<p>WORKSHOP 3: Assertiveness</p> <p>A – TUESDAY 5th DECEMBER B – TUESDAY 16th JANUARY</p>	<ul style="list-style-type: none"> - Building your self esteem - Assertiveness - defining and 5 step model - Making an impact - Guest speaker from Microsoft - Guest speaker from LEK (Course B – January-only) <p>9.30am – Registration with tea/coffee 11.00am – Refreshment break 1pm – Lunch 3pm – Refreshment break 4.30pm – Close</p>
<p>WORKSHOP 4: Personal branding and look back</p> <p>A –SATURDAY 20TH JANUARY B – SATURDAY 3rd FEBRUARY</p>	<ul style="list-style-type: none"> - Aspiring image - Panel presentations - Keeping yourself going with your development <p>9.30am – Registration & tea/coffee 12:15pm – Short break 1.00pm – Close</p>