



Be Seen, Be Heard, Be Brave

11 July 2018

Programme

A one day personal development workshop to explore what it takes to have confidence in the workplace, to challenge decisions and diagnoses and have your voice heard.

Workshop style: This will be an interactive workshop which includes group work throughout the day

Timings: 10.00 – 16.15

09.30	Coffee and Networking	
10.00	Welcome and Introduction	Carol Stonham
10.10	Understanding yourself – how do you communicate with others How do you work in a team	Noel Baxter
11.00	Refreshments	
11.20	Understanding yourself continued	Noel Baxter
12.00	Building confidence and getting your voice heard	Jo Emerson
13.15	Lunch	
14.00	Professional dilemmas	Carol Stonham
14.45	Having brave conversations and building resilience	Carol Stonham With very special guest
15.30	Refreshments	
15.50	Implementing the learning	Carol Stonham
16.00	Workshop Close	