

WORKSHOP

AGENDA



AGENDA	TOPIC	TIMINGS
Finding Your North Star	A Workshop on Discovering Your Life's Direction	Wednesday, 2nd October at 3:00 PM BST Thursday, 3rd October at 1:00 PM BST
Unlock Your Potential	A Workshop on Harnessing Your Strengths and Challenges for Success	Wednesday, 9th October at 3:00 PM BST Thursday, 10th October at 1:00 PM BST
From Burnout to Balance	A Workshop on Overcoming Burnout and Finding Balance	Wednesday, 16th October at 3:00 PM BST Thursday, 17th October at 1:00 PM BST
Thriving in the Workplace	A Workshop on Building Positive Relationships through Emotional Intelligence and Professional Vulnerability	Wednesday, 23rd October at 3:00 PM BST Thursday, 24th October at 1:00 BST
Critical and Creative Thinking	Workshop on Developing Wise and Confident Decision-Making Skills by Understanding the World Around You	Wednesday, 30th October at 3:00 PM GMT Thursday, 31st October at 1:00 PM GMT Please note that during this workshop week, the clocks will change from BST to GMT.
Building Resilience	Workshop on Discovering Your Life's Direction	Wednesday, 6th November at 3:00 PM GMT Thursday, 7th November at 1:00 PM GMT
Presenting Your Best Self	A Workshop on Building Confidence and Owning Your Personal Image	Wednesday, 13th November at 3:00 PM GMT Thursday, 14th November at 1:00 PM GMT
Leading with Compassion	A Workshop on Creating Lasting Social Change	Wednesday, 20th November at 3:00 PM GMT Thursday, 21st November at 1:00 PM GMT
Celebration Event	Celebrate all your achievements with a special virtual event!	Wednesday, 27th November at 3:00 PM GMT Thursday, 28th November at 1:00 PM GMT