|  |  |  |  |
| --- | --- | --- | --- |
| Date | Time | Workshop | Speaker |
| Tuesday 28th September 2021 | 6PM | Self-esteem & Self actualisation  Self-Esteem & Identity  Workshop Bio: A 90-minute workshop designed to help you get to know yourself better and re-connect with your true self. The most important relationship we have is the one we have with ourselves and to nourish this relationship we must turn inwards and explore who we really are so we can live life as authentically as possible. Together, we will be exploring methods to improve your self-esteem and sense of identity (i.e., who you truly are). | Rebecca Kimberly  Rebecca Kimberley, a Certified Psychological Life Coach for individuals who are ready to rediscover their true selves.  Award-Winning Psychological Life Coach. Her focus is on supporting people to discover and understand the root causes and triggers of their difficulties, by exploring their thoughts, feelings, and past to help relieve difficult emotional states. |
| Tuesday 26th October 2021 | 6PM | Challenging Imposter Syndrome  imposter syndrome can be a huge challenge in growing thriving careers. In this workshop we will understand our imposter so we can see them coming, say hi and bye before they take over. We'll answer important questions like causes and reasons alongside tools and coaching to do just-that so you can leave feeling empowered and equipped to face your imposter head-on. | Just Jaz  Meet Jaz Broughton, a certified coach, tech community manager and ambitious careers expert, and lover of tea and R&B. Jaz is on a mission to create phenomenal careers without limits and burnout so they can avoid the Sunday-night dread and dream big instead. |
| Thursday 18th November 2021 | 6PM | Redefining success and Career Progression  This online coaching workshop will inspire you with insights and tools to set and achieve career goals. At the end of the workshop, you will have your personalised plan for reaching the next level in your career (whatever that is to you.). Please come ready to participate and engage in the process of designing the career you want. | Buki Ishola  Buki is an Executive Coach with a dual focus on helping Black professionals secure their next level in career and White leaders to create inclusive teams and culture. Buki is also a Chartered Accountant and Chartered Tax Adviser. Prior to transitioning to full time coaching, she spent a combined 15 years in her corporate career at EY and BHP. |
| Thursday 9th December 2021 | 6PM | Finding your voice: Presentation Skills  During Sandra’s workshop you will learn how to pitch and present with confidence, clarity, and connection, how to channel nerves to help you to demonstrate confidence and how to use storytelling to engage your audience. You will also be provided with tools and techniques on how to structure your message, handle nerves and how to present in front of a camera. | Sandra Mighty  Sandra Mighty has worked as a presentation skills coach for almost a decade, dedicating herself to helping professionals, leaders, and entrepreneurs to improve their performance by teaching them the power of persuasive, inspiring and engaging communication.  She was also a Ted Talk coach, helping individuals to deliver impactful presentations on the international Ted Talk stage. |
| Tuesday 25th January  2022 | 6PM | Becoming a Clinical  Neuropsychologist with Su – Lin Yii  Becoming a Clinical Psychologist with Jenn Zhang | Su – Lin Yii  Su-Lin holds a Master of Clinical Neuropsychology degree, with specialised training in the assessment and rehabilitation/remediation of neuropsychological conditions. This includes acquired brain injury (such as stroke, traumatic brain injury, tumour, neurosurgery, alcohol, and substance-related brain injuries), neurodevelopmental disorders (including learning disorders, intellectual disability, autism spectrum disorder, ADHD) and neurodegenerative conditions (such as dementia, multiple sclerosis and Parkinson’s disease). |
| February  TBC | TBC | Maximizing your LinkedIn | TBC |
| March  TBC | TBC | Different routes in Mental health - Panel | TBC |
| April  TBC | TBC | Tree of life/ vision board | TBC |