



**NEWNHAM COLLEGE
 LUCIA WINDSOR ROOM**

COURSE A
4TH – 6TH DECEMBER 2016 (WORKSHOPS 1-3)
21ST JANUARY 2017 (WORKSHOP 4)

COURSE B
15TH – 17TH JANUARY 2017 (WORKSHOPS 1-3)
4TH FEBRUARY 2017 (WORKSHOP 4)

PROGRAMME

<p>WORKSHOP 1 A - SUNDAY 4TH DECEMBER B - SUNDAY 15TH JANUARY Getting Started</p>	<ul style="list-style-type: none"> ○ Introduction to SPRINT programme ○ Objectives, personal power and strong women ○ Building and widening your development community ○ Who helps and who hinders? <p>12:30pm – Registration 2pm – Refreshment break 4:30pm - Close</p>
<p>WORKSHOP 2 A - MONDAY 5TH DECEMBER B - MONDAY 16TH JANUARY Knowing yourself</p>	<ul style="list-style-type: none"> ○ Choosing to change – the impact ○ Values at the core ○ Feelings as your guide ○ Easy listening and clear communication ○ Techniques to build resilience <p>9:30am – Registration & tea/coffee 11:00am – Refreshment break 1:00pm – Lunch 3:00pm – Refreshment break 5:00pm – Close</p>

WORKSHOP 3
A - TUESDAY 6TH DECEMBER
B - TUESDAY 17TH JANUARY
Assertiveness

- Building self-esteem with compliments
- Assertiveness - what it is and isn't
- Assertiveness in your real situations
- Making an impact – getting your point across
- Walking to goals
- Development dates

9:30am – Registration & tea/coffee
11:00am – Refreshment break
1:00pm – Lunch
3:00pm – Refreshment break
4:30pm - Close

WORKSHOP 4
A – SATURDAY 21ST JANUARY
B – SATURDAY 4TH FEBRUARY
Where do I go from here?

- Burning issues
- Aspiring image
- Panel presentations
- Panel forum
- Keeping going

9:30am – Registration & tea/coffee
12.15pm – Short break
1:00pm - Close

