

**Newnham College – Programme for Women on Life Skills
Cynthia Beerbower Room, Newnham College**

Thursday 12th March 2020

Programme

- 08:45 Registration**
- 09:00 Introduction – Alison Rose**
- 09:15 Icebreaker – Karin Horowitz**
- 09:25 Presentation Skills – Finding Your Own Voice – Paula Rosen**
- 10:15 Alternatives**
- **Maintaining Motivation, Dealing with Criticism and Failure - Holly Tilbrook**
 - **Managing your Time Effectively throughout the year – Sue Delafons**
- 11:00 Smoothies and/or coffee**
- 11:20**
- **Effective Communication on Social Media – Ange Fitzpatrick**
- 12:05 Energising – Performance Poet Megan Beech**
- 12:30 Buffet Lunch**
- 13:15 Group splits – 30 minutes in each session**
- **Wellbeing and Resilience – Karin Horowitz**
 - **Tai Chi – Dennis Lee**
- 14:25 Practical Skills (Alternatives)**
- **Money Matters – Making Your Finances Work – tbc**
 - **Transferable Skills – Wendy Hirsh**
- 15:25 Tea**
- 15:55 Alternatives**
- **Speaking with Assertiveness, Dealing with Difficult People and Relationships - Karin Horowitz**
 - **Negotiating Strategies – Jane Dancer**
- 16:40 Final Review, Action Planning and Feedback – Karin Horowitz**
- 16:55 Close: light refreshments, networking, and informal coaching and mentoring**