TIMETABLED WORKSHOPS
Strengths Based Career Development
11th January 2018
Jarrett, Greenlands – HB59 ONLY
When understanding and applying your strengths, you can expect to benefit from improved results, a sense of achievement, higher levels of motivation and enjoyment, increased levels of confidence, and resilience that will help you overcome performance blockages.
By the end of this workshop you will be able to:
• Identify and articulate your stand-out strengths
• Understand how they can contribute to your career development.

Developing Your Personal Brand for Career Success
15th February 2018
Greenlands – EM16 ONLY
What is a personal brand? Why is it important? Do you want to stand-out from the crowd in a highly competitive working environment? This interactive session will look at the concept of personal branding and developing the brand called “YOU”. By the end of this workshop you will:
• Understand the concept of personal branding
• Start to develop your own personal brand
• Be able to use your personal brand to communicate and engage with others, and proactively promote yourself as part of your career management strategy.

Managing Change & Ambiguity Through the Lens of MBTI
14th March 2018
Greenlands – HB57 ONLY
Change is a constant in today’s working environment. In order to prosper in this climate you must be able to adapt, respond flexibly, and deal with ambiguity. Through an understanding of MBTI preferences, this workshop looks at how you respond to change, explores different perspectives on change, and investigates how to apply this learning to your career in an ambiguous world.
By the end of this workshop you will be able to:
• Understand your natural response to change
• Recognise and understand others response to change
• More effectively manage your response to change in relation to managing your career.

OPTIONAL EVENTS
CV Retreat
11th January 2018, 10am – 12pm
G10, Whiteknights
A CV is one of your most important pieces of marketing collateral. This workshop provides an overview of how to structure a CV, what to include and how best to present your unique selling points in a compelling way. This session will be very practical, with plenty of opportunity to dust down, refresh and update your CV. Book via My Jobs Online.
Managing Energy for Sustained Peak Performance
25th January 2018, 10am – 4pm
River House Upper, Greenlands
Research shows us that the most successful executives recognise the cost of personal energy depleting behaviours, and then take responsibility for changing them, regardless of the circumstances they are facing. This workshop will help you to recognise your sources of energy for sustained peak performance, identify energy-depleting behaviours and plan strategies for overcoming them. Book via My Jobs Online.

WEBINARS
Monique Valcour on Avoiding Burnout and Building Resilience
8th February 2018, 6.30 - 7.45pm
Relentless stress at work threatens not only our wellbeing and performance but also our health and career. In this webinar Monique Valcour, a management professor and author, presents the current research into the causes of burnout, shows how to judge if we are at risk, and proposes a range of strategies we can use to escape toxic environments and improve our situations.
To book please register here: avoiding-burnout.eventbrite.co.uk?discount=henley

MBA Q&A PANELS
These evening forums are an opportunity to hear from professionals in a variety of industries, get your questions answered and network with senior alumnus and professionals from different Henley MBA Programmes. A forum for gaining insight and advice as well as to meet fellow Executive MBA students and Henley MBA Alumni. Panels for Spring term include:

Experience the C-Suite
25th January 2018, 5.30 - 7.30pm
Greenlands
Hosted by Professor Andrew Kakabadse, panel members will share their experiences of being part of the C-Suite; the highs, lows, challenges and opportunities that life at the top of an organisation creates. Come and hear first hand from those who have successfully navigated their career journey to lead in their chosen fields.

Working in the Start-up Space
19th March 2018, 6 - 8pm
Henley Whiteknights G10
Life is different in the world of start-ups and SME. But how? What are the challenges? And how do you attract investors and support for your fledgling business? How do you keep going when life feels difficult and success questionable? Our panel members will share their experiences of working in start-up/SME space. Come along and find out if this could be an alternative career path for you.

Rise & Shine with Alumni
Fridays, once a month
8am breakfast meeting in London
These breakfast meetings are designed to give small groups of up to 5 people the opportunity to meet with a professional from a particular industry or sector. They are an opportunity to gain industry insight, personal advice and share in the Alumnus’ wealth of experience. Attendance by application only.