Welcome to Henley Careers and Professional Development Spring Programme 2021. Here’s where you’ll find information about the events open to you as an Apprentice.

This quarter we have hour-long webinars on a Resilience, Maintaining Relationships and Reflective Practice and you can also attend follow-up group coaching sessions on the same theme, to apply and embed the themes explored in the webinars. These are both fantastic opportunities to meet and interact with other learners from across the range of Apprenticeships Henley offers.

Spring term also sees a focus on wellbeing at work, with Feeling Frazzled? Pop-Up Café where you’ll find yourself in a welcoming and safe environment to let off some steam about some of the issues that are affecting both work and home life in these difficult times.

And finally, we’re running two Megatrend Hackathons, where you can get involved with students from across the wider Business School too, in looking for solutions to some of the current world of work’s meatier issues.

Henley Careers and Professional Development also offers assistance for learners who are at risk of or have been served notice of redundancy. Please speak to your Apprenticeship Tutor directly if you would like to access these services.

You can sign up in advance to each of the events by following the links and you will be emailed the joining instructions when registration closes, 24 hours before the event.

I hope to see you at an event soon!

Sarah Rourke
Careers and Executive Coach,
Henley Careers and Professional Development

**MONTHLY WEBINARS**

The HCPD offer for 2021 starts in February with our series of hour-long, interactive webinars, open to all Apprentices.

In addition, this year, each workshop will be followed by a group coaching session (limited numbers) where students can bring issues to the table for discussion from the workshops they attended.

**Workplace Resilience in Uncertain Times**
Sarah Rourke and Stephanie Shaw

Maintaining resilience in working life can be difficult at the best of times. This session explores how to stay resilient when the goal posts are moving fast and furiously, with some tools and techniques to manage professional demands within and around our changing circumstances.

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<th>First session</th>
<th>Group Coaching session</th>
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<tr>
<td>2 February 2021, 12.00 to 13.00</td>
<td>9 February 2021, 12.00 to 13.00</td>
<td><a href="http://bit.ly/HBSResilienceFeb21">http://bit.ly/HBSResilienceFeb21</a> (Group coaching sign-up follows the webinar)</td>
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Maintaining Relationships in a Post-Covid World
Graham Phillpott and Helen Slingsby

Why are good relationships so instrumental to our success in the workplace? What are the elements that make up healthy working relationships with colleagues, clients and other stakeholders? And what are the tools and techniques we can bring out to help us to do this whatever our personality type and whatever world events are being thrown at us?

The Reflective Practitioner
Jane Batchelor with Sarah Rourke

Do you find reflection difficult? Do you even know what you should be reflecting on and what value this has for you in developing your career? This session will explore the impact reflection has on our professional development, by discussing different reflective models and reflective writing. It also explores the value in keeping a track of learning and applying this to our work practice.

FEELING FRAZZLED? POP-UP CAFÉ

The Feeling Frazzled? Pop-Up Café is a welcoming space for learners to speak freely, without judgement, to others who understand exactly how it is to feel frazzled, exhausted and fed up with putting on a brave face on under difficult circumstances. These sessions will open and close with a brief mindfulness exercise and in between there'll be plenty of time for participants to vent, share and listen to others so that they can get back on with their day feeling calmer and more connected.

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<td>18 February 2021 12:00 to 13:00</td>
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<td>4 March 2021 12:00 to 13:00</td>
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<td>16 March 2021 12:00 to 13:00</td>
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<td>6 April 2021 12:00 to 13:00</td>
<td><a href="http://bit.ly/HBSReflectiveApr21">http://bit.ly/HBSReflectiveApr21</a> (Group coaching sign-up follows the webinar)</td>
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Hackathons are sessions where learners from across Henley Business School get together to generate ideas to contribute to solving today’s pressing business issues or megatrends. This is a fantastic opportunity for learners to exchange ideas with pre and post-experience students from the rest of the Business School and trusted industry professionals.

Learners can get involved in one of two ways:

1) Be a Hackathon Host and co-ordinate a breakout room. The hackathon will be split into groups to encourage group conversation around the business challenge that is to be “hacked”. We would love support in co-ordinating the groups, encouraging conversation and ensuring active participation with the students in the breakout room. You’ll delegate someone to feed back the group’s solution at the end of the event. You do not need to have been involved in a hackathon before, nor do you need to have prior knowledge of the theme; we’ll make sure you’re briefed and ready to go. We will also test-run the technology with you to ensure that all will be all right on the night. There will be a half-hour briefing a week before the event to answer any questions you may have.

2) Attend as a delegate and network with other students and employers, where you can attend the session and share your business acumen within one of these groups and network with fellow students across a variety of cohorts.

### MEGATREND HACKATHONS

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2) Attend as a delegate and network with other students and employers, where you can attend the session and share your business acumen within one of these groups and network with fellow students across a variety of cohorts.

### REDUNDANCY ONLINE SESSIONS AND COACHING

For learners at risk of redundancy or served notice of redundancy, there are 4 webinars with follow-up group coaching, designed to help someone consider how to go about a potential job search, which then leads into one-to-one coaching if notice is served. These are offered by referral only so please contact your Apprenticeship Tutor for further details.

**Sessions:**

- Where Do I Even Begin?
- Armchair Networking to Find the Hidden Jobs
- Approaching Your Network
- Dusting off Your CV and Putting it to Work

For information on how to attend these sessions contact your Apprenticeship Tutor for a referral.

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