

Workshop session 4 – 90 mins (15.00-16.30) Room: tbc		
Title	Audience	outline
4A - Building up an organisation and accessing funding	PGR and RS	Interactive session with Chief Executive of ESC, a ground-breaking arts education charity, based in Belfast, Northern Ireland. They work predominantly with ex-prisoners and ex-offenders, addicts, marginalised young people and people with mental health difficulties, using drama and film to help people find their voice, tell their stories and reach towards radical transformation in their own lives.
4B - Career Planning - Leaving academia	PGR and RS	This workshop is aimed at researchers considering their career options if they move out of academia. It will help participants to have greater awareness of their transferable skills, to reflect on what is important as they develop their career, and to be aware of the resources available for support.
4C - An Introduction to MBTI Personality Type	RS	This workshop will introduce the concept of personality type and the Myers Brigg Type Indicator (MBTI). It will allow participants to gain a better understanding of themselves and also an appreciation of how others differ from them. This increased understanding can aid in team working and be used to inform career development and planning.
4D - Why everyone needs a mentor	PGR and RS	This workshop will focus on the issues facing women researchers in Science, Engineering and Technology and will consider how mentoring can support and retain women in this sector. It will be a participative workshop which will explore the process of mentoring – what it is and what it isn't and how it can be useful in career development. It will help participants understand more about how they might find themselves a mentor and what they could do to make that mentoring relationship work effectively. We will consider some of the research on mentoring and will provide information on the innovative mentoring programme organised by Scottish Women's Resource Centre (www.napier.ac.uk/src) which is designed to help support and retain women in SET. Participants will also be asked to identify some of the key skills and qualities we look for in mentors and will have an opportunity to engage in a mentoring exercise.
4E - Planformance	PGR and RS	Have you ever taken time out to think clearly about what you'd like to achieve in your life? Have you wondered how you'll know you are succeeding? Have you ever felt like something you're involved in doesn't 'fit'? A Planformance workshop gives you a chance to 'switch off' from the busy-ness of your daily life and figure out what's really important to

		<p>you – where you get your ‘buzz’ – where you see yourself going over the next few years and how you will know you are getting there. By the end of the session, you will have a personal Planformance map to help you on your journey and a clear idea of the first few things you need to do – starting tomorrow!!!</p> <p>The focus is on raising your self-awareness and getting you to think about and plan your future – degree, career, industrial placement, gap year – whatever you want to focus on.</p> <p>Objectives By the end of this workshop you will be able to:</p> <ul style="list-style-type: none">• Apply a set of planning principles to current and future projects, activities or business concepts• Create a Planformance map• Use your Planformance map as a live tool <p>The Planformance workshop takes participants on a journey into the future – their future. Using a series of interactive activities participants will have an opportunity to explore: their values – what drives their behaviour and decisions; their vision - what their picture of success looks like; their goals or mission - what they need to do to achieve success; and how they will know they are on the right track. Each of these elements will be developed and placed on a Planformance map.</p>
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