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CALCENTING TEAMS REMOTELY 4 x 1 hour sessions 2-3pm

Т	Session 1 - Coaching for managers Session 2 - How to effectively manage teams remotely Session 3 - An introduction to functional leadership Session 4 - Leading people during a crisis	7th June 2022 21st June 2022 5th July 2022 19th July 2022
q	 ASSERTIVENESS & CONFIDENCE BUILDING Personal skills inventory Assertiveness/aggressiveness/submissiveness Handling challenging situations Communicating assertively 	26th May 2022 12th July 2022
q	 CV & INTERVIEW SKILLS Up to date CV advice Promoting transferrable skills Tailoring CVs for specific jobs Successful interview techniques Job search ideas & planning 	7th April 2022 15th June 2022
q	 INTRODUCTION TO PROJECT MANAGEMENT Project lifecycle Projects v business as usual Measuring project outcomes Using Gantt charts Risk and Issues Project software 	6th April 2022 7th June 2022
q	 MINDFULNESS Techniques to reduce stress & anxiety Boost your concentration & wellbeing Breathing, relaxation & coping mechanisms Self realisation to strengthen resilience 	14th April 2022 5th May 2022 14th June 2022 21st July 2022



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 PERSONAL PLANNING & ORGANISATIONAL SKILLS Organising personal time Schedules and milestones Planning tasks and actions Manage emails Personal planning software 	14th April 2022 16th June 2022
 START YOUR OWN BUSINESS Generating business ideas Funding and finance Legal entities of business Accounts and HMRC Marketing, advertising & social media 	19th April 2022 9th June 2022 7th July 2022
 PRESENTING WITH CONFIDENCE Know what makes a compelling presentation Plan a presentation Be able to open with impact Build skills to deliver a presentation Develop confidence to deliver presentations 	9th May 2022 14th July 2022
arphi writing with clarity	

- Communicate effectively in writing
- Grammar refresher
- Apply principles of effective writing
- Reviewing and proof reading text

17th May 2022

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Unless otherwise stated, all sessions will start at 9.30am, run until approximately 3pm and will include breaks

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