BEACON

Duration: 3 days

Programme dates:

Hilary Term 2018
- Monday 22 January, 9.30 am – 3.30 pm
- Monday 12 February, 9.30 am – 3.30 pm
- Monday 5 March, 9.30 am – 3.30 pm

Trinity Term 2018
- Monday 23 April, 9.30 am – 3.30 pm
- Monday 21 May, 9.30 am – 3.30 pm
- Monday 18 June, 9.30 am – 3.30 pm

The programme is aimed at staff who:

- are currently employed by the University or by a college of the University
- are at a point in their career or personal lives where they need to reflect on their achievements, consider opportunities and develop confidence in reaching new goals.

Programme outline

This programme aims to help individuals develop their self-awareness, an understanding of who they are and what they bring as well as the emotional resilience and confidence needed to achieve personal and professional development goals successfully. The programme enables individuals to gain insights into what they are capable of now and what they want to be capable of in the future. It will encourage individuals to develop and implement a personal development plan with clearly identified short, medium and long term goals which will, in turn support continuing personal and professional development.

Workshop one: An introduction to each other and to the programme. Beginning to understand who we are and what we bring as individuals and as a whole group. Looking at some of the tools and strategies you might need to achieve what you want to.

Workshop two: A focus on the tools and strategies needed to achieve your personal and professional goals including: being emotionally resilient, communicating with confidence and clarity, setting meaningful goals/actions/objectives and using a coaching approach to support one another.

Workshop three: Adding to the tools and strategies you need to help your ongoing development and planning next steps. Consider the networks you inhabit and those you might need to inhabit. Using action learning as another method of supporting each other and recognising and celebrating your achievements so far.
In your application, you should demonstrate that:

a) you have the support of the person to whom you report, including agreement that you be released to attend all workshops and supported to transfer your learning into the workplace

b) you have considered carefully the areas in which you may not be achieving your potential and the factors that might be holding you back

c) you are clear on why this programme is a good fit for your learning needs

d) you are ready to and/or have experience of learning in your own time in order to develop your skills/confidence

e) you are ready to work in a group to identify your aspirations and work towards them.