

March 5 2004

Report: Workshops

Sharon Jeffrey

Chair. Workshops

The programme for LeicestHERday included around forty workshops this year and topics covered ranged from Chinese horoscopes through to business marketing and personal coaching. Each workshop ran for approximately 1 1/2 hours once or twice on the day and enthusiastic personnel from each organisation leading the sessions made sure that everyone really got the most out of those they chose to attend. In addition seven task discussion groups were held centering around the seven Challenges topics. A new one was added on the day called Women's Centre Survival.

A flavour of some of the workshops:



Small Steps To A Big Future

Gillian Townsend, Spirit and Strategy

Using Neuro-Linguistic Programming (NLP) the workshop concentrated on techniques that everyone can use both at work and home to understand why it seems so hard to get on with others, why you avoid doing things for so long and why life always seems such a rush.

Profit from Marketing Liz Thomas, Business Link Leicestershire
Explored ways in which attendees could address marketing matters including research, information, planning, sales, communications and customer care as appropriate. Equally relevant to those thinking of starting in business, those that have already started or those with well established businesses.

Chinese Horoscope Kay Tom, Chue Style Feng Shui

An introduction into the eastern approach to horoscopes, understanding the principles of "The Law of 5 Elements" and giving attendees the opportunity to take a brief look at their own charts.

Communicating – A Human Activity

Gilly Mullen, Leicestershire Education Business Company

This workshop considered the art of communicating effectively and the barriers that prevent us actually doing this. It looked at mentoring and how this ordinary human activity can be developed to become an effective communication tool that builds bridges between people, raises their self-awareness and enhances personal development.

Back to the Future Jacqueline Cawston, De Montfort University
Drop in session to talk about returning to education with the chance to talk to careers advisers and women who have returned to education in a one to one confidential setting. Discuss career options, how they coped with childcare, finances and studying.

Get Your Life Working – Business Start-Up for Women

Amanda Burgess The Prince's Trust

A workshop looking at turning ideas into a business reality it outlined what support is available and how to get started.

Women in Manual Trades

Elaine Clarke, Leicester City Council – Craft Women

Hands-on workshop for carpentry, plumbing, electrical, painting and decorating

Business Skills Health Check

Roger Davies, Women In Rural Enterprise

A rare opportunity to take an hour out and review the direction of your business, with the input of others in the group to help you to decide on an action plan to make your business succeed. Assess your qualities and consider where your skills lie in relation to running a successful business, either now or in the future

Assertiveness Vicky Carr, CHaRM Management Specialists

This workshop looked at the three different types of behaviour and how to recognise and deal with each. Participants will consider their 'rights' in the communication process and how to ensure assertive behaviour becomes the norm.

Becoming Self Employed

Susan Scandolo Inland Revenue Business Support Team

A workshop explaining how to register with the Inland Revenue, what financial records you need to keep, what expenses are available, when to pay and on line filing.

Healing In Harmony

Nita Devabhai, Priya Seeds

This workshop looked at healing, focussing on exercises that lead to self-healing, meditation and developing self- awareness.

From the **Challenge Task Groups**, new challenge tasks were taken on board at Rt Hon Patricia Hewitt's closing remarks for the day. In addition, Irene Paull, the Action Group Facilitator for Survival of Women's Centres worked with her group on a Resolution that the Conference took forward to Leicester City Council. See Appendix C: Page 40.



