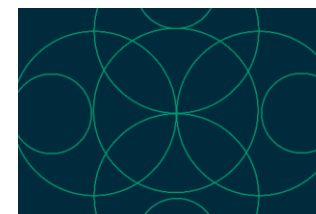


Shared Connections 2023: GROWTH

Register [here](#)



9.00 onwards	H0.1/0.2	Registration and stands					
9.30-10.30	Curve	Welcome. Looking forward and celebrating success (Strategy, merger and awards)	Paul Ratcliffe, Sarah Wilton, Ewart Wooldridge				
	J1.1	J1.4	J1.5	J1.7	J1.8	J1.13	H0.2
10.45-11.10	Basic Life Support Skills: Paramedic Science Team	Branding, design and strategic communications. Justin Swarbrick		Decoupage – hands on. Janet Guthrie (1 hr)	Dealing with tears. Counselling Team (1hr)	What's KEF'ing happening?(Understanding Knowledge Exchange): Howard Duffy	10 minute seated massage Michal Kaspar
11.20-11.45	Basic Life Support Skills: Paramedic Science Team	Communicate with confidence! An interactive writing workshop. Rachel Wheeley	CPD for Technical Roles, The National Technician Development Centre (NTDC) and HEaTED team				
11.55-12.20	Basic Life Support Skills:	Digital at St George's. Alex Horsfield	Growing George's: A guide to Recruitment and Admissions. Sarah DeGatacre	Open Discussions: Language Matters-	Menopause in the workplace:	Developing your professional profile with LinkedIn. Emma Fry	10 minute seated massage Michal Kaspar

	Paramedic Science Team			Exploring the importance of language in relation to equity, diversity and ethnicity, Ban Haider (J1.11)	Rebecca Henry Litteck		
12.15-1.30	H0.1/0.2	Lunch					
1.30-2.20	Curve	Panel Discussion: SGUL Pioneers	Host: Rachel Wheeley				
	J1.1	J1.4	J1.5	J1.7	J1.8	J1.13	H0.2
2.30-2.55	Laughter Yoga. Lady HaHa (Odette Kurland)	Microsoft 365-Sway. Fiona Graham	The Secret Life of Students: Allied Health and Science: Dave Arnold, Laura Dickens, SU colleagues	Archives drop-in: Juulia Ahvensalmi	Being a 24/7 parent. Counselling Team (1hr)	Mid-life Financial Planning for Retirement: Jake Holmes	10 minute seated massage Michal Kaspar
3.05-3.30	Laughter Yoga. Lady HaHa (Odette Kurland)		The Secret Life of Students: Medicine and Postgraduate: Dave Arnold, Laura Dickens, SU colleagues			Records Management Jenga. Kirsten Hylan	10 minute seated massage Michal Kaspar
3.45-4.45	Curve	Paul Sinha					
4.45 – 6	Collaborative Space	Cocktails and Mocktails					

Breakout sessions:

10.45-11.10

Basic Life Support Skills: Andy O'Neill, Sam Thompson, Caroline Neveu, Sarah Wood, Rachael Smith

This is an opportunity for SGUL staff to receive Basic Life Support Training from Paramedics and Firefighters, a skill which could prove essential at any point. Staff will have an opportunity to practice on manikins, and to ask questions of our friendly and supportive staff who are experienced at undertaking this procedure in real life situations.

Branding, design and strategic communications. Justin Swarbrick

An introduction to St George's Design Studio and how it can help you achieve your aims, create strategic visual communications and enhance the St George's brand.

Decoupage – hands on. Janet Guthrie (1 hr)

Would you like to cheer up your desk by transforming a wooden pen holder into a unique item? Come along to this Decoupage workshop in a relaxed environment to create your unique holder which can be varnished later – beginners welcome!

Dealing with tears. Counselling Team (1hr)

We all have roles at work and are also human beings. In this session, we will think about our responses to our own and other people's tears as well as exploring some helpful ways of navigating difficult emotions in ourselves and others.

What's KEF'ing happening? (Understanding Knowledge Exchange): Howard Duffy

Come along to find out the bare bones of the Knowledge Exchange Framework and how it impacts you working in a university

11.20-11.45

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Communicate with confidence! An interactive writing workshop. Rachel Wheeley

Rachel Wheeley shares a bold, values-led approach to writing that resonates with readers and elevates your professional communication. Learn to craft clear and impactful messages and get your point across with confidence to any audience. Don't miss out on this opportunity to enhance your writing skills and make a lasting impression.

CPD for Technical Roles, The National Technician Development Centre (NTDC) and HEaTED team

HEaTED is the leading organisation for Higher Education and Technician Educational Development. As the training arm of the NTDC, HEaTED delivers CPD and networking opportunities for all specialisms and disciplines of the technical workforce. Through specialised CPD and career support, HEaTED helps technical teams to stay competitive and motivated, which can lead to improved performance, productivity, and success. The session will provide information on a range of CPD activities designed to inspire technicians and technical staff at every stage of their career.

11.55-12.20

Basic Life Support Skills: Andy O'Neill, Sam Thompson, Caroline Neveu, Sarah Wood, Rachael Smith

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Digital at St George's. Alex Horsfield

Alex Horsfield is the Digital and Social Media Manager at St George's. In this session she will introduce you to the team, explain their roles and the work that they do, specifically with regards to the St George's website, www.sgul.ac.uk, and our social media platforms.

Growing George's: A guide to Recruitment and Admissions. Sarah DeGatacre

If you've ever wondered how the students get here, come along and meet the Associate Director for Student Recruitment and Admissions. This session will give you an overview of the courses we offer, how our admissions process works, and what we do to maximise the number of students that join St George's every year.

Menopause in the workplace: Rebecca Henry Litteck

Those who experience menopause are the fastest-growing workforce demographic. We will look at myths and facts and ask the questions - Why is talking about menopause in the workplace an important discussion to have at St George's? And do we have a culture here at St George's where menopause can be talked about openly? Rebecca will also signpost sources of further support and guidance on menopause in the workplace.

Developing your professional profile with LinkedIn. Emma Fry

We run through LinkedIn as a tool to include how to develop your profile, grow your network, learn, find opportunities and manage your privacy settings.

2.30-2.55

Laughter Yoga. Lady HaHa (Odette Kurland)

This fully interactive session will help with stress, anxiety and will lift your mood. It will help you to feel more connected to those you laugh with.

[About Us - Laughter Yoga Wellness & Meditation Services London UK and Worldwide](#)

Microsoft 365- Sway. Fiona Graham

With Sway, you can create web based presentations on a range of different topics and include a variety of visual tools, audio, video and other content to create a storyline, then share your story with others. Sway is designed to be viewed via the web.

The Secret Life of Students: Allied Health and Science: Dave Arnold, Laura Dickens, SU colleagues

This session will give an insight on what it's like to be a student at St George's. Facilitated by the Student Experience Team and St George's Students' Union, students from Allied Health and Science programmes will tell their stories.

Being a 24/6 parent. Counselling Team (1hr)

Join us to discuss some of the challenges of being a working parent and, in particular, to explore the strategies that might help us manage our boundaries around work and home life more smoothly, especially in these days of hybrid working.

Archives drop-in: Juulia Ahvensalmi

Stories from the archives – Drop in to explore items from the Archives and Special Collections on St George's history, from 19th century post mortem casebooks to surgical instruments'

Mid-life Financial Planning for Retirement: Jake Holmes DipPFS Independent Financial Adviser

Have you considered retirement? Join us for a session discussing pensions, savings and all things financial to enable you to better achieve your financial goals.

3.05-3.30

Laughter Yoga. Lady HaHa (Odette Kurland)

This fully interactive session will help with stress, anxiety and will lift your mood. It will help you to feel more connected to those you laugh with.

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The Secret Life of Students: Medicine and Postgraduate: Dave Arnold, Laura Dickens, SU colleagues

This session will give an insight on what it's like to be a student at St George's. Facilitated by the Student Experience Team and St George's Students' Union, students from Medicine and our Postgraduate programmes will tell their stories.

Records Management Jenga. Kirsten Hylan

Come and play records management Jenga. You lead the presentation by choosing a block, seeing what number is written on there, and then hearing about the topic it links to.

10.45-12.30 and 2.30-3.30

10 minute Seated chair massage (clothed). Michal Kaspar