



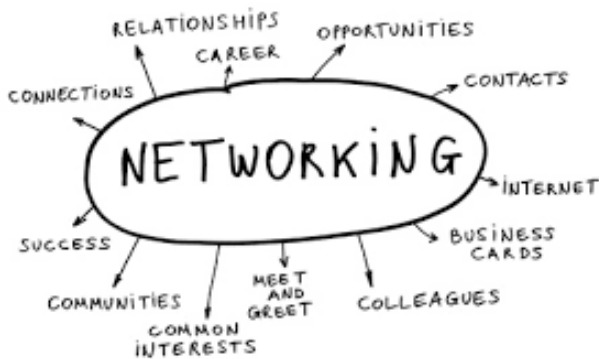
# HDN Mentoring Programme

## **Class Three** **“Challenges and Opportunities”**

**Welcome!**


Sue Waterall

# The clue is in the title ... NETWORK!



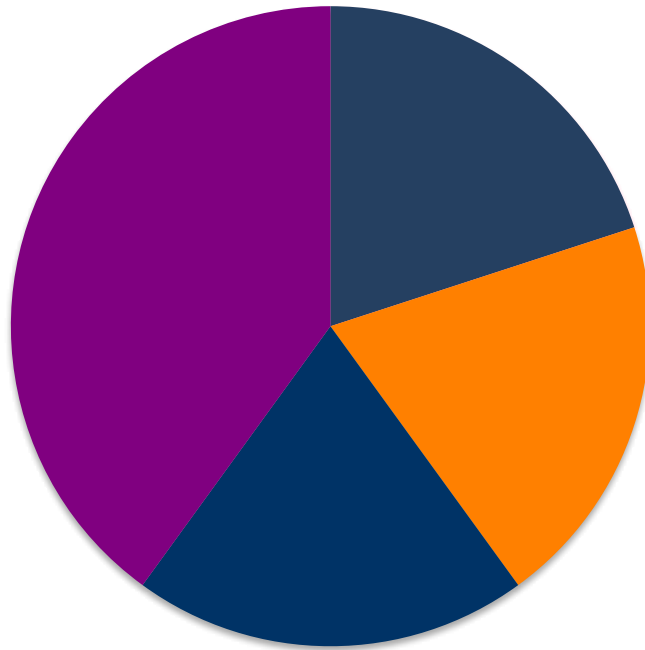
Met everyone in the room yet?

# A reminder - ways of working

- Ask questions - me, guest speakers, each other
  - Share any concerns
  - Be open to learning and exploring
  - Lean in ... volunteer, discuss, suggest
  - And have fun!
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# How will I learn and develop?

**A reminder!**




■ Guest speakers 20%

■ Your mentor 20%

■ Your colleagues 20%

■ Your actions 40%

# Objectives for today

- To practice the Presentation Challenge and take away useful tips for future opportunities
  - To understand how bringing 'more of ourselves to work' can lead to personal and organisational fulfilment and alignment to values and mission
  - To explore the challenges of leadership and management - and opportunities it provides
  - To understand steps to building confidence
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# Individual presentations



Please welcome:



Ed Moss - Bridging the Gap

“Bringing your best self to work”

Bridging the Gap  
[www.bridgingthegap.tips](http://www.bridgingthegap.tips)

Please welcome:

Anna Bishop - One Manchester

Leadership and Management  
Challenges and Opportunities





# Building confidence



# 7 steps to confidence

**Make choices and learn from mistakes**

**Give yourself permission to take a risk**

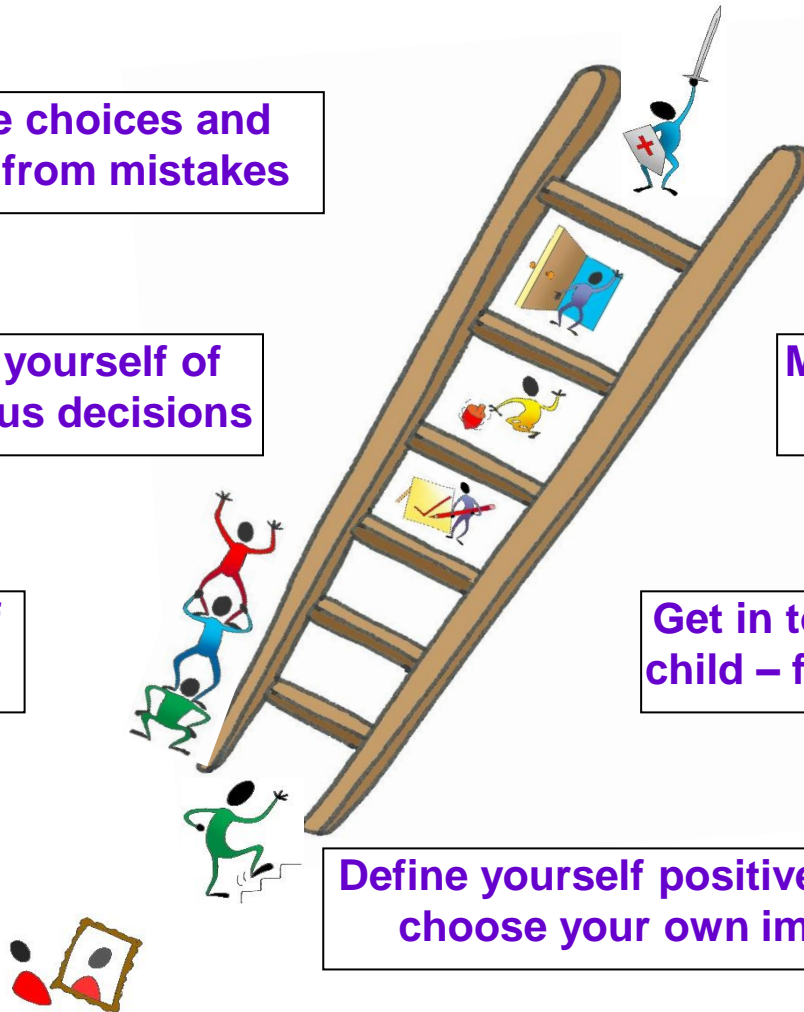
**Remind yourself of courageous decisions**

**Manage your mindset – talk kindly to yourself**

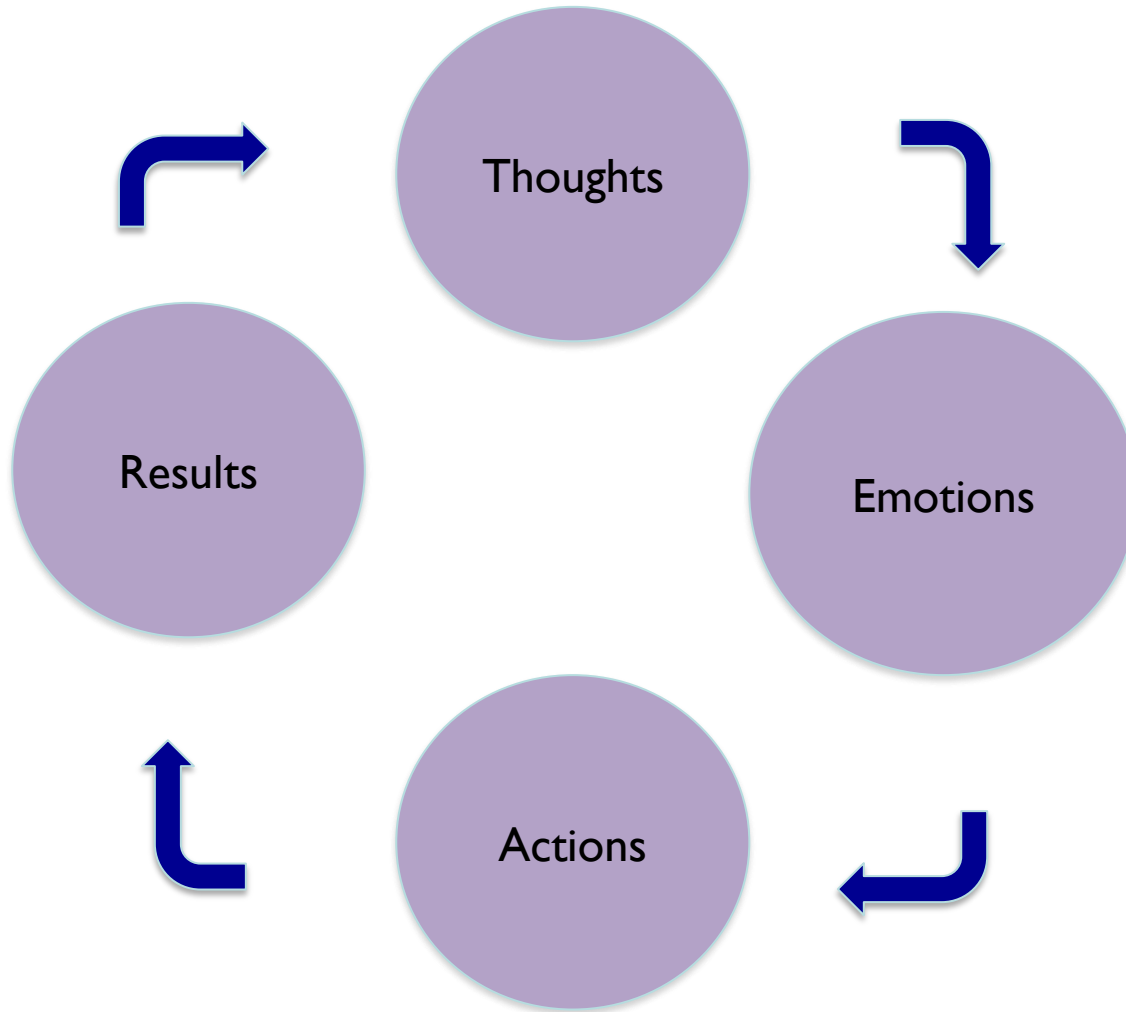
**Surround yourself with support**

**Get in touch with your inner child – find curiosity and fun**

**Define yourself positively and choose your own image**



# T.E.A.R. Model



# Which moment are you living in?



# Building your inner coach – Brett Ledbetter

- What if the voice in your head was scrolled digitally along the back of this room? Would that be ok?
- What has made you anxious, worried or stressed recently?
- Was it about an event in the **PAST? PRESENT? FUTURE?**
- We waste endless energy, time and effort worrying about something that's already happened (so it's gone) or worrying about something in the future (that may or may not happen).



# National Conference 2020

Weds 17th June – Think Tank Birmingham



Let's put the  
north on the map  
.....volunteers?!



# Presenting at the conference

“My advice for the national conference is to just go for it!

Everyone at the conference is willing everyone else to do well. It's such a supportive atmosphere and there was great buzz in the room on the day.

To say you have presented to 200 people at a national conference is a big confidence boost personally - but also an added bonus for future job interviews”.

“We were all given the opportunity to present at the conference.

I was **SO** glad I took part! It was a great opportunity and it's not the sort of opportunity you often get!

Several of my group said afterwards that they really wished they had done it too.

To me, it felt like it was the whole point of the course”.

# 2020 Class dates and venues

## Class 4

**Date:** Wednesday 20th May 2020

**Time:** 09.30 - 3.45

**Venue: Riverside Housing** - 2 Estuary Boulevard, Estuary Commerce Park, Speke, Liverpool L24 8RF

**Conference Date – Wednesday 17th June 2020**  
**ThinkTank Science Museum Birmingham**

