

UNISON NW Member Learning Jan — March 2021

Free Webinar courses for UNISON members

Building Confidence in Women, 2nd February 2021, 12—1pm

This one hour workshop for women will look at building confidence. In the session we will explore:

- Making your voice heard in conversations and meetings
- Building solidarity with other women to support each other in different situations
- Dealing with awkward situations and people
- Strategies to develop positive thinking

This event is for women members only.



To book on this course, please copy and paste the link into your browser and RVP to the event:

https://www.unisonnw.org/building_confidence_in_women

Mindfulness and Meditation, 12—1.30pm, 10th February 2021



Back by popular demand, this workshop-style seminar will offer you guidance from an experienced, professional teacher on using mindfulness practices to help you manage stress, feel happy and be well. The seminar will focus on giving you practical and accessible tools and techniques that you can apply in your everyday life straight away. Great for members who would like to try mindfulness and

meditation or as a reminder for those who have been to a session before and want a fresh take on their mindfulness practices.

This seminar will give you:

- Practical and accessible tools and techniques that you can apply in your everyday life straight away
- Opportunities to try and out and practice different approaches to mindfulness with the guidance of an experienced, professional teacher
- A brief introduction to theory behind mindfulness practice

Opportunities for questions and discussion with the teacher and group

To book on this course, please copy and paste the link into your browser and RVP to the event:

https://www.unisonnw.org/introduction_to_mindfulness_and_meditation

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Navigating Interview Questions, 9th March 2021, 12—1pm

This session is for members to develop their confidence in navigating interview questions. In the sessions you will:



- Learn how to respond to difficult traditional interview questions.
- Identify key active verbs that will help develop the quality of your interview answers
- Explore the SAR/STAR method to develop a robust method of answering competency interview questions

As this is a short session with a lot of information to cover, you will receive follow on work and resources after this course to help you build on the information covered in this lunchtime session.

To book on this course, please copy and paste the link into your browser and RVP to the event:

https://www.unisonnw.org/navigating_interview_skills

Putting Together Your CV, 23rd March 2021, 12—1pm

This session is useful for members who are looking for a new job or are thinking about a career change and want to work in a different industry. In this session you will:

- Know how to layout a CV
- Know what sections and details to include
- Be able to identify your key skills and how to present them
- Be able to identify the key elements of your job roles, which are most attractive to prospective employers.

To book on this course, please copy and paste the link into your browser and RVP to the event:

https://www.unisonnw.org/putting_together_your_cv_webinar

