



## Survival skills (mini-sessions)

### **Being assertive**

Do you sometimes feel you've not been heard? Have difficulty asking for what you want? Do you want to be able to deal effectively with strong personalities? In this mini-session you'll consider circumstances where your needs may be overwhelmed by the needs of others and develop strategies for asserting your needs in a way that is authentic to you.

### **Feedback and development**

From the moment you entered the world and let out your first cry you have been giving feedback in response to your environment. Our goal-oriented education system is geared toward the seeking and receiving feedback. Yet the mechanisms for feedback become less clear when we enter the world of work. In this mini-session you'll be invited to consider where you want development and growth in your life and where and how to get the feedback you need.

### **Personal responsibility**

The stories we tell about what has happened to us directly impacts on what will happen to us in the future. In this no-holds-barred mini-session we'll consider the language of disempowerment, the roles we assume that may hinder progress and the power of taking responsibility for the whole of our lives.

### **Work/ Life Balance**

A successful career, in any employment sector, can bleed into all areas of your life leaving little time for you and your loved ones. This mini-course will provide an oasis of calm for you to consider your priorities. We'll discuss the wider benefits of 'paying yourself first' in order to ensure that you work to live, not live not live to work.

Four 1.5-hour mini-sessions suitable for postgraduate and postdoctoral researchers

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