

# Workshop Programme January - March 2012



The Confident Futures programme is designed to equip you to:

- Be more successful in your academic studies
- Increase your competitive edge with employers
- Achieve your full potential

Workshops are free of charge and open to all students at Edinburgh Napier University.

[www.napier.ac.uk](http://www.napier.ac.uk)

## What students say about our workshops

"Highly inspiring - an excellent workshop, interactive, not just listening"

"I gained a lot of useful knowledge and feel more confident about approaching people"

"It gave me good knowledge to use in future, for interviews, everyday work and communication"

## Workshop Programme

<b>Manage Yourself, Manage Your Time</b>	Tue 24/01	14:00 - 17:00	H11 Merchiston
<b>Making Feedback Work for You</b>	Wed 01/02	10:00 - 13:00	2.D.11 Sighthill
<b>Effective Communication</b>	Mon 06/02	14:00 - 17:00	2.D.03 Sighthill
<b>Knowing Yourself &amp; Others</b>	Fri 10/02	10:00 - 13:00	2/10 Craiglockhart
<b>Creating Convincing Proposals</b>	Tue 14/02	14:00 - 17:00	2.D.10 Sighthill
<b>Building Resilience</b>	Mon 20/02	10:00 - 13:00	1/07 Craiglockhart
<b>Assertiveness</b>	Thu 23/02	10:00 - 13:00	3/09 Craiglockhart
<b>Networking</b>	Wed 29/02	14:00 - 17:00	H11 Merchiston
<b>Influencing Others</b>	Thu 01/03	14:00 - 17:00	3.D.08 Sighthill
<b>Managing Conflict</b>	Tue 06/03	14:00 - 17:00	2.D.10 Sighthill
<b>Dealing with Change</b>	Fri 09/03	10:00 - 13:00	H15 Merchiston

### ALL WORKSHOPS ARE FREE OF CHARGE

For more information and to book a place go to [Student & Academic Services](#) on the [Student Portal](#) and visit [Vacancies and Events](#).

### Confident Futures Team:

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[www.napier.ac.uk/confidentfutures](http://www.napier.ac.uk/confidentfutures)

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