

Festival of Learning

24 - 27 June 2019

'Have a go' Events

Festival of Learning is a national celebration of lifelong learning – the largest in England.

Our mission is to celebrate the remarkable achievements of adults who have used learning to transform their lives and to highlight how lifelong learning benefits society and the economy.

As part of the festival, Adult and Community Learning at Chichester College invites local residents to a variety of inspirational FREE TALKS led by members of Chichester's Mumpreneurs Networking Group.

COLLEGE EVENT DATES

Monday 24 June – Thursday 27 June 2019

LOCATION

Chichester College, Lecture Room - E22
Westgate Fields, Chichester, West Sussex, PO19 1SB

SPECIAL INSTRUCTIONS

Limited places so booking is essential

Customers may use Chichester College main car park or use public parking, the nearest ones being the multi-storey car park on the Avenue de Chartres or at Westgate Leisure Centre.

HOW TO BOOK

Please call Hilary Lewis on **01243 786321 ext 2209** or email hilary.lewis@chichester.ac.uk

FESTIVAL OF LEARNING TALKS

- **Achieving Your Goals** by **Claire Skaptason**
Monday 24 June 2019 / 11.00 - 12.00
- **How to build a Capsule Style Wardrobe (and why you might not need to!)** by **Vicky Booker**
Monday 24 June 2019 / 12.30 - 13.30
- **Holistic Self Care - How to help yourself feel better every day** by **Ros Thompson** / Monday 24 June 2019 / 14.00 - 15.00
- **Coping with a rapidly changing world - Technology!** by **Theresa Truscott** / Tuesday 25 June 2019 / 09.30 - 10.30
- **Give a little, gain a lot** by **Lucie Maldoom**
Tuesday 25 June 2019 / 11.00 - 12.00
- **How to do work that lights you up and gets you paid** by **Honey Landsdowne** / Tuesday 25 June 2019 / 12.30 - 13.30
- **How to talk about your business in a way that ensures customers listen** by **Susan Payton**
Tuesday 25 June 2019 / 14.00 - 15.00
- **Emotional Health & Wellbeing** by **Vivienne Barnes**
Wednesday 26 June 2019 / 09.30 - 10.30
- **Practical Relaxation Workshop** by **Lyn & Graham Whiteman**
Wednesday 26 June 2019 / 11.00 - 12.00
- **Support Local Business** by **Vikki Meddows**
Wednesday 26 June 2019 / 14.00 - 15.00
- **Discover your Cyber Hyperdrive - Social Media without the Overwhelm** by **Carolyn Strand**
Thursday 27 June 2019 / 09.30 - 10.30
- **Why a Weak Core is more common than you think and what you can do about it** by **Nikki Caputa**
Thursday 27 June 2019 / 11.00 - 12.00
- **"Cancer is a word, not a sentence..." - one woman's insights into living and working with cancer** by **Kate Henwood** / Thursday 27 June 2019 / 12.30 - 13.30
- **Discover the 6 Root Causes of Health Symptoms and Illness - Self-healing made easier with Lifestyle Prescriptions®** by **Susan Cowe-Miller** / Thursday 27 June 2019 / 14.00 - 15.00



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MONDAY 24 JUNE 2019



Achieving Your Goals / 11.00 - 12.00 by **Claire Skaptason** / oandotrainercoach.com

Tips and techniques on the importance of setting (SMART) realistic goals that you are more likely to achieve, having the right mindset to reach those goals and knowing what to do when you feel like you are not getting it right.



How to build a Capsule Style Wardrobe (and why you might not need to!) / 12.30 - 13.30 by **Vicky Booker** / vickybooker.com

The elusive 'perfect capsule wardrobe'! Everything goes with everything else, the clothes you buy are well thought through and get lots of wear, and you have something to suit all occasions in your carefully curated items... Sound like you, no? It's great to have a well-coordinated wardrobe, but how do you actually achieve it, and more importantly, do you need to? In this fun and informative talk I'll share some practical style tips to help you get the best out of your clothes, so you can look your best without the stress and hassle of wondering what on earth you're going to wear.



Holistic Self Care - How to help yourself feel better every day / 14.00 - 15.00 by **Ros Thompson**

Take an hour out of your day to learn some useful tips and information about a variety of Holistic self care solutions, they take a few minutes of your day but can make a huge difference. Learn a little about reflexology - not just the feet but more importantly the hands that you can learn for yourself.

TUESDAY 25 JUNE 2019



Coping with a rapidly changing world - Technology! / 09.30 - 10.30 / by **Theresa Truscott** theresatruscott.com/festival-of-learning

The skills required to survive and thrive in our rapidly changing world are not taught in schools. This talk covers 3 areas: how to stay safe online; the impact of cryptocurrencies and blockchain technology on society; and practical tips on developing the adaptable skills needed for the future.



Give a little, gain a lot / 11.00 - 12.00 by **Lucie Maldoom** / vaac.org.uk/volunteering

Your chance to learn more about what volunteering is all about, why people do it and what they might get out of. The different opportunities (It's much more than just helping in a shop once a week) that are out there and a chance to quiz some local groups.



How to do work that lights you up and gets you paid / 12.30 - 13.30 by **Honey Landsdowne** / honeylandsdowne.co.uk

If you are unsure of which passion to pursue to make a difference in the world (and earn your desired income at the same time) then this is for you. Have you been in business a while or maybe you are starting up and you are uncertain of your 'true calling'? Do you lack clarity on what you want to be known for? In this session you will get crystal clear on what it is that you should be pursuing and how you will follow that through into a successful business that you are known for. When you are clear on what you offer, it will feel like your most comfortable outfit, and you will wear it well!

What we will cover: Your current situation; Your forgotten/overlooked or maybe obvious(!) passions, talents and skills; Where your opportunities for growth are; How you maximise your best bits; How to make money from doing what lights you up.



How to talk about your business in a way that ensures customers listen / 14.00 - 15.00 by **Susan Payton** / thebusinessofstories.com

Are you tongue-tied if you have to speak in public? Do you wish you'd said something better when you've been put on the spot? Whether it's at a networking event or making a phone call it can be daunting. This interactive workshop will help you be prepared for any eventuality.

WEDNESDAY 26 JUNE 2019



Emotional Health & Wellbeing / 09.30 - 10.30 by **Vivienne Barnes** / wellbeing-emotionalhealth.com

Vivienne is a qualified counsellor, and for the past six years has focussed upon her specialist subject of emotional health and well-being; she enjoys helping people better understand themselves and in turn better understand others.

Would you like to understand relationships situations more clearly, see yourself, and understand yourself better? Challenge your thinking and understand why you think how you think? And gain some ideas of dealing with difficult people? Do come along!



Practical Relaxation Workshop 11.00 - 12.00 / by **Lyn & Graham Whiteman** stresslessmoresuccess.com

Volunteers invited to experience seated Demonstrations. Visualisation and breathing techniques for relaxation in minutes. Used in Hospices, and by Massage Therapists, Reflexologists with their work. Deeply Relaxing, nurturing, balancing, Core Relaxation.

Self Care Demonstrations for audience participation.



Support Local Business / 14.00 - 15.00 by **Vikki Meddows** / lovechichester.net

Vikki Meddows-Smith, founder of award-winning website Love Where You Live, will demonstrate the site and talk about getting the best out of local resources for the self-employed, including networks and co-working spaces as well as local initiatives for independent businesses.

THURSDAY 27 JUNE 2019



Discover your Cyber Hyperdrive - Social Media without the Overwhelm / 09.30 - 10.30 by **Carolyn Strand** / cjstrand.com

How can you master social media AND run your business or promote yourself? It's an overwhelming prospect for small businesses and individuals. This session will help you focus your efforts for better results and change your thinking for good whatever your level of experience.



Why a Weak Core is more common than you think and what you can do about it 11.00 - 12.00 / by **Nikki Caputa** / ukhypopressives.com

Learn what are the "red flags" for core weakness and what you can do in less than 20 minutes a day to fix yourself! A brief introduction to hypopressives a method used in Spain for over 35 years for post natal recovery and other core related problems.



"Cancer is a word, not a sentence..." - one woman's insights into living and working with cancer / 12.30 - 13.30 by **Kate Henwood** / katehenwoodphotography.co.uk

"You've got cancer..." 3 little words that form a huge and powerful sentence. Cancer on its own is simply a word – how you interpret it and what you attach to it is up to you.

Come and learn how a cancer diagnosis doesn't have to be a bad thing; how to support friends, family or colleagues when they need you; what to say – more importantly, what NOT to say and how to help raise awareness of cancer... that doesn't involve posting a heart on your Facebook status.



Discover the 6 Root Causes of Health Symptoms and Illness - Self-healing made easier with Lifestyle Prescriptions® / 14.00 - 15.00 by **Susan Cowe-Miller** / hampshire-eft.co.uk

Why am I ill? Thought I'd sorted this! Fascinating information discussed, explained. Where are you in the healing process? Art & Science of Self-Healing: Organ, Mind, Brain connection! What thought, emotion, belief, lifestyle, may hold answers? Find the Root Cause to illness and healing begins. Plus EFT Tapping because you hold the answers.