

MEDOW Summer 2016 Meeting

06 – 08 July 2016

Cardiff School of Engineering, Queen's Buildings, The Parade, Cardiff, CF24 3AA

Wednesday 06 July

Time	Activity	Location
	Visit to National Grid National Control Centre Bus to leave the School of Engineering at 07.30	Wokingham

Thursday 07 July

Time	Activity	Location
0845	Coffee	South Building S4.10
0900 - 1100	Information session: Post-doctoral Funding Opportunities Debbie Taylor, European Funding Manager, College of Physical Sciences and Engineering Eevi Laukkanen, Business Manager for Pro Vice-Chancellor for International & Europe	South Building S4.10
1100 - 1700	Session on 'Personal Impact and Confident Networking' David Vaughan-Thomas, VOX Coaching <i>See session description below. Lunch 12.30-13.15; Coffee 14.45</i>	Central Building C1.09/1.10/1.11
1930	Conference Dinner	Elgano Italian Restaurant, Cathedral Road

Friday 08 July

Time	Activity	Location
1030 – 1130	Preparation for Open Day	The Forum, West Building
11.30	Coffee	South Building S0.26/0.29
1145 - 1300	Session on 'How to Write a Good Thesis' Professor Sam Evans, Director of Cardiff School of Engineering	
1300 - 1345	Lunch	
1400- 1630	Project Open Day	The Forum, West Building

Personal Impact and Confident Networking

Have you noticed how some people are able to network with ease? To engage with others in a relaxed and assured manner? To communicate in a way that has impact and wins respect?

Such skills don't come naturally to most of us – we feel nervous and tongue-tied at the very moment we'd like to feel confident. The problem can be especially hard when we're networking with people who are different in terms of cultural background or status.

The good news is that we can overcome the communication difficulties. It's not about changing who you are; it's about being yourself – but with an extra dash of inspiration. The result is good for your sense of well-being, your academic relationships and your career.

This lively session from VOX Coaching will help you acquire or sharpen communication skills that will stand you in good stead in the day-to-day environment and on more formal networking occasions.

After the course, you'll be able to get access to a course summary, follow-up material and the VOX Academy – an online repository of written guidance, lively videos and other resources to help you extend your learning and take your communication skills to the next level.

About VOX

VOX Coaching is a communication-skills training company with a loyal clientele in the higher education, business, government and health sectors. Its coaches have worked with some 30 Universities, including Bristol, Edinburgh, Imperial, Manchester and UCL, as well as with leading international business schools. They have coached vice-chancellors, CEOs, speakers at the World Economic Forum, judges and MPs up to Cabinet Level. VOX coaches are experts in helping people to communicate in their own style - but with more skill and a dash of inspiration.

