

One Place East  
Where disability matters



# The Talent Network

Workshop & Event Programme  
2023-24



Funded by:



**CABWI**  
AWARDING BODY

Below is the current programme of events for the Talent Network. There will be additional courses, workshops, podcasts and employer visits scheduled during the year and added to this schedule. Some of the things to look out for include:

- Creative Writing and Citizen Journalism Course
- Digital Media Production Course
- Community/Peer Researcher Course
- Peer Leadership and Representation Training

### **London Careers Fair**

#### **Friday 3rd November 2023 | 10am – 2pm**

An outing to the London Careers Fair at Tottenham Football Ground. It's a chance to meet local and national employers face-to-face and apply directly for hundreds of vacancies.

It's an chance to find out about the type of jobs available in today's employment market with exhibitors from various sectors such as: Finance, Education, Sales and Marketing, Motoring, Human Resources, IT, Healthcare, Tourism, Healthcare, Commercial Real Estate, Biochemistry, Electronics, Manufacturing, Hospitality, Social Work, Events Management, Retail, Job Boards, Supermarkets, Banking and Pharmaceutical.

You can find out about a wide variety of roles and opportunities such as Entry Level Roles, Management Roles, Apprenticeships, Graduate Roles, Franchise Opportunities, Part-Time Roles, Full-Time Roles, Flexible Working Roles, Working from Home (WfH) Roles, CV-Advice, Career Advice, National Job Boards, and more.

### **The STILL Method Work Anxiety Masterclass**

#### **Tuesday 21st November 2023 | 10.00am – 12.30pm**

Affected by anxiety at work, or the thought of work?

This Talent Network event will be led by Stuart Thompson – Therapist, Trainer and Inspirational Speaker who will introduce The Still Method: Your secret weapon against anxiety!

No vague ideas or sitting cross-legged for hours. This workshop is all about practical steps that kick anxiety to the curb.

## **Connected Talent** **Monday 20th November 2023 | 6.30pm – 8.00pm**

This will be the launch of a new online peer support network for Disabled People and those with lived experience of mental ill-health who are freelance, self-employed, work remotely or need support outside of the workplace. To put it simply, an inclusive group for anyone who works differently providing peer support around mental health, sustaining employment and making the most of your talents.

A group that's free to join, non-judgemental, open and supportive. There for you when starting self-employment, struggling with lone or remote working or jus fed up not having anyone to talk to!

## **Digital Skills Workshop** **Tuesday 5th December 2023 | 1.30pm – 4.30pm**

Essential digital skills are a step towards learning lots of other new things. They can improve your confidence to use technology for work, learning and daily life.

Many jobs today need digital skills. You need them even for jobs that do not ask for high levels of qualifications or experience. For example, if you work in a warehouse or a shop you may keep digital records of stock.

You also need digital skills every day for shopping, banking, and keeping in touch with family and friends. At the end of this session, you will have a better understanding of the digital skills needed today. We will also support you to assess your digital skills, so you can access all the wonderful free training and support that's available locally.

## **Simply the Best – Building Your Personal image, self-esteem and confidence (2 Day Course)** **Wed 6th & Thurs 7th December 2023 | 10am – 4pm**

This two-day course, delivered by Mike Phillips is for all those who wish increase their confidence and self-esteem and take greater control of their life and career, release their potential and become the best they can be. Mike will provide practical strategies for developing self-esteem and confidence at work. You will learn how to overcome self-doubts and develop the self- belief to further your goals and performance at work and elsewhere.

By the end of the course, you will be able to: Identify your current strengths and development opportunities, recognise the achievements, attitudes, knowledge, skills and qualities that make you unique, Assess your current confidence and self-esteem levels and strategies for developing them further, Discuss how to create a positive, confident image within the workplace and Use confident, assertiveness and communication skills in your work relationships and elsewhere

## **Careers Advice Session** **Thursday 25th January 2024 | 1.30pm – 4.30pm**

Working with our partners in the local employment sector, this session is devoted to starting 2024 with a stronger idea of careers available and their requirements.

Using the work from previous Talent Network events, you will be able to discuss with a careers specialist what your options are.

At the end of this session, you will have a clear idea of potential careers or a plan to access further specialist careers advice locally.

## **STILL Method Public Speaking Masterclass** **Tuesday 13th February 2024 | 1.30pm – 4.30pm**

How do you feel about public speaking? Ever felt your heart racing, palms sweating, and mouth drying at the mere thought of delivering your presentation, speaking to your team or sharing your 60 seconds at a networking event?

You're not alone. With the right tools I believe anyone can turn fear to fuel.

This Talent Network event will be led by Stuart Thompson – Therapist, Trainer and Inspirational Speaker and will cover:

- Dive deep into the art of turning anxiety into captivating stories
- Strategies to exude true confidence
- Harness your super powers to keep your audience engaged

## **CV Building Workshop** **Wednesday 21st February 2024 | 1.30pm – 4.30pm**

Want to create a CV that'll make you stand out from the crowd? Deciding on the most important things to include and explaining gaps in employment history is always a worry.

At the end of this session, you will have key tips, tricks and secrets for writing a winning CV. You will have a better understanding of what employers are looking for, and tools secure the job you want.

## Is Self-Employment A Good Choice for Me? Thursday 11th April 2024 1.30pm – 4.30pm

This session will feature IPSE (The Association of Independent Professionals and the Self-Employed) and is for anyone within the early stages of their self-employed career or for those seriously considering self-employment in the future.

This workshop aims to help Talent Network members gain expert guidance, information about opportunities, risks and how to secure vital protection. IPSE will also explain how they can support the development of your business idea and make connections.

## Interview Skills Day Thursday 18th April 2024 | 10.30am – 3.00pm

This Talent Network day event will help you make a good impression at a job interview. You will receive advice on how to prepare, how to show what you have to offer as well as tips and techniques.

Everyone will get a chance to have a mock interview that will be filmed. You can then watch back how you performed as well as receive constructive feedback from your peers and local employers.

At the end of this session, you will have improved your interview technique or identified what requires more work in the future. Sell yourself and your talents well – you're worth it!

### How do I book?

To book onto any of the above workshops or events please visit the link below or scan the QR code.

[tinyurl.com/thetalentnetwork](https://tinyurl.com/thetalentnetwork)

If you need support with booking please contact the office on 020 8925 2435 or email [info@oneplaceeast.org](mailto:info@oneplaceeast.org).

Please note: Communication and learning support will be available at all workshops.

SCAN ME

