

# #Upcycle your Job – The workshop

A one-day group event for those who want to go deeper

09:30-10:00	<i>Coffee and networking</i>
10:00 – 11:00	What do we mean by #Upcycling Jobs?
11:00 – 11:20	<i>More coffee and more networking</i>
11:20 – 12:30	How to #Upcycle your Work Life Balance
12:30 – 13:00	#Upcycling your job (1) – tackling corporate culture
13:00 – 13:40	<i>Lunch and more networking</i>
13:40 – 14:30	#Upcycling your job (2) – the practicalities of changing your working arrangements
14:30 – 15:00	Assessing your skills
15:00 – 15:20	<i>Tea and a final round of networking</i>
15:20 – 16:30	Using positive psychology to create your future
16:30 – 16:45	Action planning
16:45 – 17:00	Wrap up and close

- ❖ Timings may vary according to the needs of the group
  - ❖ Maximum 10 participants
  - ❖ Workbook materials provided

[Click here to book](#) your place

