

DEVELOPMENT WEEK WEBINARS

MAY 25TH & 26TH 2022



EFFECTIVE COMMUNICATION

**Wednesday 25th May,
11:00 – 12:30**

This session will help you to understand the skills and techniques needed to be an effective communicator in your role. Specifically, the session will explore the different means of communication and identify how you can achieve more productive interactions with those you work with.

This will also help you understand how best to utilise different communication methods to influence and inspire.

[Book here.](#)

UNDERSTANDING YOUR STRENGTHS

**Wednesday 25th May,
13:00 – 14:30**

This session is designed to help you to:

- Understand your individual strengths and where you get your energy from
- Overcome self-doubt and become more confident in who you are and what you want
- Identify possible roles or career paths that will help you to play to your strengths and passions

[Book here](#)

CAREERS IN SPORT

**Thursday 26th May,
11:00 – 12:30**

This session will help answer questions such as:

- What are the diverse careers available in the sport and fitness industry?
- What experience and qualifications are required for each profession?
- What skills are important for a successful career in my preferred profession?

The session will provide a review of the professions available within coaching/teaching, sports science, sports business, sports media and health and fitness

[Book here.](#)

HEALTHIER, HAPPIER YOU

Thursday 26th May, 11:00-12:30

This session is designed to help you lead a healthier & happier life.

Dedicate some time for yourself and indulge with some reflection of how you are feeling mentally and physically. This workshop will take a whistle-stop tour through the areas of sleep, hydration, nutrition, movement and how to make time for yourself.

[Book here.](#)