Life Skills 2016/17

What's this?
Life Skills is a new initiative for Newnham undergraduates and graduates. Life is more than education, more than work – and these bite-size sessions will help you develop the skills to balance all the different aspects of your life both here in College and beyond. It’s a chance to try something new, to hear from inspiring presenters and to meet people.

Where and when?
In the Principal’s Lodge, from 7 to 8.15pm.

Places are limited so please confirm your attendance using the link below the seminar date.

<table>
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<tr>
<th>Date</th>
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<th>Speaker</th>
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  Image Coach |
| Thursday 20th Oct [http://goo.gl/7nrZJZ](http://goo.gl/7nrZJZ) | Resilience & Wellbeing | Karin Horowitz
  Life Skills & Leadership Coach |
| Tuesday 1st Nov [http://goo.gl/mOynYA](http://goo.gl/mOynYA) | Dealing with criticism and failure: maintaining motivation | Holly Tilbrook
  Deputy Head of Educational and Student Policy, Academic Division, Cambridge University |
| Monday 7th Nov [http://goo.gl/Z8veDF](http://goo.gl/Z8veDF) | Public Speaking | Leonie Mellinger
  Personal & Business Impact Coach |
| Thursday 17th Nov [http://goo.gl/95u6eR](http://goo.gl/95u6eR) | Developing Leadership Skills | Cara Moore & Rina Lynch
  Associates – Voice at the Table Ltd |
  Researcher and consultant working with major employers on their changing workforce needs. |
| Monday 23rd Jan [http://goo.gl/034gXK](http://goo.gl/034gXK) | Having courageous conversations: giving and receiving feedback | Karin Horowitz
  Life Skills & Leadership Coach |
  Political journalist and commentator,
  President of Lucy Cavendish College |
| Tuesday 14th Feb [http://goo.gl/mefcvT](http://goo.gl/mefcvT) | Negotiating Skills | Professor Sucheta Nadkarni
  Judge Business School |
  Social Media Trainer, Judge Business School |
  Urban geographer, working in housing, regeneration, design and the arts. |
  Cross-bench Member of the House of Lords |