LIFE TOOLS
ACQUIRE • ASSIMILATE • APPLY
Talks in 2017–2018

If you would like more ‘tools’ in your academic and personal toolkit, come to one of the Life Tools talks – run by experts in personal development and wellbeing.

In today’s demanding job market, employers place a lot of emphasis on finding applicants with specific skills and abilities for their organisations. More than this, however, they are looking for candidates with behaviours and competences which complement their academic achievements.

Our programme of talks Life Tools is designed to educate and equip you with a range of highly desirable attributes and abilities which will complement and enhance your academic portfolio.

Start gathering these attributes and abilities now, further develop those you already have and stand out from the crowd when you send in your CV.

The 2017–18 Life Tools programme has been tailored to provide the three main components shown above.

Select a range of talks from each of these three areas to develop your personal portfolio. Acquire the knowledge. Assimilate the skills and Apply them to your academic and personal life.

Life Tools talks are open to all students. They have been designed to get you thinking, to increase your knowledge and provide you with competences to enhance your life.
LIFE TOOLS PROGRAMME 2017–2018

LIFE TOOLS talks are:
• Free to attend
• Open to all students
• No booking required

SPRING TERM
Techniques for increasing memory and concentration
Monday 15 January 2018 2:00pm – 3:00pm Palmer, Room G02
Learn to manage your time effectively and achieve more in the time available. A joint session with Study Advice.
Techniques for increasing concentration
Saturday 28 January 2018 11:00am – 12:00pm Palmer, Room G05
Find out what is holding you back and why it might be affecting your personal and academic reputation. A joint session with Study Advice.
Techniques for increasing confidence
Monday 19 February 2018 2:00pm – 3:00pm Palmer, Room G02
Get advice and tips to help you reduce the stress and maintain your health and study productively.

SUMMER TERM
An introduction to Mindfulness part 1: keeping it going
Wednesday 25 February 2018 2:00pm – 3:00pm Palmer, Room G02
Learn some practical techniques to enable you cope with the challenges of the exam periods.
Techniques for increasing concentration
Monday 15 May 2018 2:00pm – 3:00pm Palmer, Room G02
Find out how to focus better and work more productively.

ADDITIONAL TALKS
During the year we will be adding further relevant and interesting talks (according to demand).
To keep up to date with our Life Tools Programme, go to www.reading.ac.uk/counselling or email: talks@reading.ac.uk
Information and material from the presentations can also be found on Blackboard.
We reserve the right to develop challenging and develop a confident mind-set.

To access our resources, enrol with RD_COUNSEL1 in Blackboard. Type ’enrol with RD_COUNSEL1’ into

To keep up to date about the Life Tools talks (according to demand).
Talks@reading.ac.uk

Alternatively you can enrol with RD_COUNSEL1 and email: talks@reading.ac.uk

SUMMER TERM
Managing exams pressure successfully
Wednesday 25 April 2018 5:00pm – 6:00pm Carri gnge Building, Room 101
Learn some practical strategies to do and feel better

Strengths in your resilience: turning “can’t handle it” into “you can handle it”
Thursday 10 May 2018 5:00pm – 6:00pm Business School, Room G03
Get advice and tips to help you reduce the stress and maintain your health and study productively.

Getting a good night’s sleep
Monday 24 April 2018 5:00pm – 6:00pm Business School, Room G03
Learn some practical strategies to do and feel better

Strengthening your resilience: turning “can’t handle it” into “you can handle it”
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