



U Stand Out line up - Carlisle

Carlisle, Wednesday 26th February , Learning Gateway, Fusehill

10am		Welcome desk; registration, collect attendance badge, sign up for workshops, tea & coffee			
10:00 – 16:00	<p>Opportunities Stalls (running throughout the day)</p> <p>Ground floor:</p> <ul style="list-style-type: none"> ◆ UCSU Volunteering & Elections ◆ UCSU Student Groups ◆ UoC PhD and Research ◆ NHS Blood and Transplant ◆ The Rock Youth Project ◆ NSPCC ◆ Carlisle Stroke ◆ Carlisle Families ◆ British Wireless for the Blind ◆ And more... <p>First floor:</p> <ul style="list-style-type: none"> ◆ Careers, Unite & Enterprise ◆ UCSU Greener Minds ◆ Wetheriggs Zoo & Animal Sanctuary ◆ Lake District National Park Authority ◆ Reivers District Scouts ◆ Fixers UK ◆ Eden Carers ◆ Cumbria Fire & Rescue ◆ Community Neighbours 	10:30 -11:30	<p>Meet employers</p> <p>This is a good opportunity to find out what employers look for in graduates.</p> <p>LG101—1st floor</p>	<p>Effective Change</p> <p>Find out how you can improve your university experience by taking effective action.</p> <p>LG004 - ground floor</p>	<p>Make it count!</p> <p>Learn more about great CVs and applications that will help you stand out from other candidates.</p> <p>LG203 - 2nd floor</p>
	12:00 -13:00	<p>Empowering Women</p> <p>LG101—1st floor</p>	<p>Your Space</p> <p>A chance to meet other reps and volunteers and share experiences. Not a rep or volunteer yet? Come and find out what it is all about!</p> <p>LG202 - 2nd floor</p>	<p>Effective Presentations</p> <p>This session will provide you with hints, tips and advice to help build your confidence and skills in presenting.</p> <p>LG102 - 1st floor</p>	
	13:30 -14:30	<p>Leadership</p> <p>Find out how to unlock your potential to be a leader.</p> <p>LG202 - 2nd floor</p>	<p>Professional Development with UCSU</p> <p>From volunteering to paid positions - find out what your union has to offer.</p> <p>LG004 - ground floor</p>	<p>Make it count!</p> <p>Learn more about great CVs and applications that will help you stand out from other candidates.</p> <p>LG102 - 1st floor</p>	
	15:00 - 16:00	<p>Do something new!</p> <p>This workshop is all about planning and starting your very own volunteering project.</p> <p>LG202 - 2nd floor</p>	<p>Stand tall!</p> <p>Find out the meaning of assertiveness and how to achieve it to gain confidence at work and in life.</p> <p>LG004 - ground floor</p>	<p>Personal Branding</p> <p>Job hunting is not just about applying for jobs anymore: you need to make sure you stand out to employers and recruiters online as well. Find out how to create a professional online persona.</p> <p>LG102 - 1st floor</p>	