

UPCOMING EVENTS JANUARY–MARCH 2019

For information and bookings
www.equality.admin.cam.ac.uk/events



INTRODUCTION TO TRANSFORMATIONAL LIFE COACHING

17 January | 12.00 – 1.00pm | Norwich Auditorium, Roger Needham Building

Nest Coaching will outline the differences between therapy, counselling and coaching, demonstrating how coaching can be used purposefully and positively in people's lives. Attendees will have the opportunity to experience some of the techniques used in coaching practice.



WHERE DO YOU DRAW THE LINE?

24 January | 12.00 – 2.00pm | Lecture Room 5, 8 Mill Lane

Delivered in a safe and supportive environment, this open session gives individuals the opportunity to learn about the different factors that might create and perpetuate a work environment in which harassment and bullying occur, and strategies for how to address this.



HOLOCAUST MEMORIAL DAY LECTURE: TORN FROM HOME

28 January | 12.00 – 1.00pm | Hicks Room, The University Centre

Rabbi Mordechai Zeller will explore the complex issues of identity, faith, and belonging in these somewhat turbulent times. The lecture will provide space to discuss how to progress towards a more inclusive environment where people of different faiths, races, ethnicities and nationalities feel they truly belong.



WOMEN'S STAFF NETWORK: CAREER CONVERSATIONS

29 January | 12.00 – 1.00pm | Clinical School

Join us for another WSN event profiling the careers and progression of Cambridge women. **Dr Litsa Biggs** (Secretary to the Faculty of Clinical Medicine) and **Caroline Newman** (HR Business Manager for Clinical School) will describe their career pathways and the opportunities and challenges they have faced along the way.



MAKING CHANGES – DEVELOPING AN ENTREPRENEURIAL MIND SET

5 February | 12.00 – 1.00pm | Lecture Room 1, 8 Mill Lane

How we view ourselves and the world around us impacts our ability to dream and achieve. This session thinks about how an entrepreneurial mind set can help you identify new opportunities, solve problems and make change in your working and personal life.



ANNUAL BAME NETWORKING DINNER

Date TBA | 7.00pm | Selwyn College

Come to celebrate the ethnic diversity of the University community and connect with the University BAME Staff Network. Meet with colleagues of diverse ethnic backgrounds over an informal networking dinner in Selwyn College, hosted by the Master of Selwyn **Roger Mosey**.



STRESS IN THE WORKPLACE

12 February | 12.30 – 1.30pm | Seminar Room 3, Clinical School
28 March | 12.45 – 1.45pm | Counselling Service

What happens in the body when we are stressed and what are the common symptoms that can occur? Attendees will learn how to differentiate between helpful and unhelpful forms of stress and how to identify their own personal work-based sources of stress.



TRANS AWARENESS

13 February | 12.30 – 1.30pm | Lecture Theatre 6, Department of Engineering

This session will set the wider context for trans identities, provide greater understanding of the experience of trans people and explore uses of language and key terms such as cisgender, non-binary and transgender, all in a safe supportive environment.



REPORTING RACISM AT CAMBRIDGE

19 February | 12.00 – 1.00pm | Seminar Room B, 17 Mill Lane

Talking about racism can be difficult, and you might not always know how to report it. Come along to find out about attitudes around racism, case studies about reporting, as well as the Collegiate and University systems in place to support and investigate racial discrimination and harassment.



ANNUAL LGBT LECTURE: TRANS PEOPLE: FLASHBACK AND BACKLASH

21 February | 5.30 – 6.30pm | McGrath Centre, St Catharine's College

Christine Burns MBE campaigned for a quarter of a century for the civil rights of transgender people and has been involved with the community for more than 40 years. She is the editor of the recently published book 'Trans Britain: Our Journey from the Shadows' – a comprehensive account of the landmark events which shaped the transgender community over the last five decades.



POSITIVE THINKING AND MEDITATION

26 February | 12.00 – 12.45pm | TBC West Cambridge

A session by **InnerSpace** introducing meditation and how to access the deep reservoir of positive qualities that are in all of us. Meditation can support general wellbeing and develop thinking to its full potential. The session will include short meditations and a chance for discussion and questions.



FINDING YOUR FEET: RETURNING TO WORK AFTER FAMILY LEAVE

28 February | 12.00 – 1.00pm | Eastwood Room, PostDoc Centre, 16 Mill Lane

Coming back into the workplace after a few months off is hard at the best of times, but combined with new caring responsibilities and sleep deprivation, it can feel like a huge step. In partnership with **My Family Care**, this session will signpost tools and tactics for getting back to work, building confidence and balancing career and family.



GOOD MOOD FOOD: EATING FOR OPTIMUM MENTAL HEALTH

5 March | 12.00 – 1.00pm | Lecture Theatre 2, Clinical School

Scientists have now a proven link between what we eat and how we feel. **Rachel Kelly**, journalist, author and mental health campaigner, will share research findings on what to eat for optimum mental health; recipes to boost your mood, keep you calm and help you sleep; and easy, practical ideas to take home to fit into a busy modern lifestyle.



ANNUAL WiSETI LECTURE: THE ADOLESCENT BRAIN

12 March | 5.30 – 6.30pm | Wolfson Hall, Churchill College

Remember being a teenager? So does **Sarah-Jayne Blakemore**, Professor of Cognitive Neuroscience at UCL and winner of the Royal Society Science Book Prize 2018. Her research concentrates on the development of social cognition and decision making in the adolescent brain, and will be the focus of this year's WiSETI Lecture.



UNDERSTANDING IMPLICIT BIAS

13 March | 12.30 – 1.30pm | Millstein Room, University Library

Implicit biases can impact on the decisions we make and how we interact with colleagues and students, but what can we do to mitigate them? This session builds on the Implicit Bias online module and will look at what practical steps can be taken to address implicit biases in the workplace.



ATHENA SWAN: SMART ACTION PLANNING

19 March | 12.00 – 1.30pm | Lecture Room 4, 8 Mill Lane

This workshop will help departments to develop appropriate actions for the issues identified in the self-assessment process, and to make action plans SMART and effective tools for achieving gender balance.



ANNUAL DISABILITY LECTURE: MENTAL HEALTH CONDITIONS ARE NOT SYNONYMOUS WITH FAILURE

21 March | 5.30 – 6.30pm | Palmerston Room, St John's College

Poppy Jaman OBE, a mental health advocate who has been instrumental in making mental health a priority for public and private sector employers, will be looking at the factors impacting the mental health of staff and students in Universities. Telling her story, she will describe the support she received during her own recovery.



Have You Done Your E&D Online Training?



UNDERSTANDING IMPLICIT BIAS

An introduction to implicit bias and the impact it can have. It will help you identify situations where your own biases might affect your decisions or judgements.

E&D ESSENTIALS

Improve your knowledge of E&D at the University. This short, interactive module is an essential requirement for many University roles.

To access the modules, please visit www.equality.admin.cam.ac.uk/training



WellCAM supports the University's goal to improve the health, safety and wellbeing of its staff and to prevent work associated ill health. This encompasses the physical, mental and social health of employees and recognises that employees' values and personal development within the University contribute to their overall wellbeing at work.

The
Equality
Pledge

"We believe in the dignity of all people and their right to respect and equality of opportunity. We value the strength that comes with difference and the positive contribution that diversity brings to our community. Our aspiration is for Cambridge and the wider region to be safe, welcoming and inclusive."