**Self-Awareness: An intensive self-awareness day for career leads, educational supervisors and TPDs**

**9:30 to 16:30 on Thursday 10 November 2022**

**The Park Royal, Stretton Road, Warrington, Cheshire, WA4 4NS**

**Agenda**

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| **9:00** | **Arrival** |
| 9:30 | Introduction |
| 9:40 | Emotional Intelligence |
| **11:00** | **Break** |
| 11:15 | Self-Awareness Tools:   * MBTI * IAT |
| **12:15** | **Lunch** |
| 12:45 | Coaching Tools, Mindfulness and more Self-Awareness   * Johari * Mindfulness * Unconscious Bias |
| 14:30 | **Break** |
| 14:45 | How to become a reflective practitioner   * The ladder of inference * Stylish Learning * Learning Styles |
| 16:20 | **Questions and Close** |