

“New Year, New You, Building Confidence in the Workplace”

with Kate Atkin (www.aspire-2.com)

25th January, Lucy Cavendish College, Cambridge



This energising master-class will focus on the underlying beliefs which may help or hinder us in achieving our goals.

- How does what you think affect your work?
- Can you increase productivity through your thoughts?
- Why spend time focussing on what you think and your posture?

Covering top tips for boosting yourself and building your confidence through precision thinking. The strategies are grounded in brain/body research and will give you an injection of energy for you personally and in your workplace.

Wednesday 25th January, 8pm-10pm

Woodleigh Room, Lucy Cavendish College, Cambridge

Tea, coffee and cake plus time to network and meet new people

£5 for members, £10 for non-members. All welcome, women and men.

Please register in advance online at: www.camawise.org.uk/events

Cambridge AWiSE

Connecting and Inspiring Women in Science, Technology, Engineering, Mathematics and Medicine