



Chelmsford County High School for Girls

Student Leadership Conference

Friday 23rd October 2015

Sponsored by Birkett Long

Keynote Speakers

Mitra Janes

Diversity and Inclusion Manager, DLA Piper UK LLP

Anna Caffyn

Finance Director, HMRC

Charlene Laidley

Charlene Laidley International

Judith Weir, CBE

Master of the Queen's Music

Programme

8:20-8:50	<p style="text-align: center;">Arrival</p> <ul style="list-style-type: none">• Guest schools and CCHS students arrive via Dining Hall entrance• Conference Registration and Breakfast available from 8.20 am• Welcome activities, hopes and plans for the day Speakers arrive via main reception: Coffee with Mrs Chapman
8:50-10:40	<p style="text-align: center;">Keynote Speakers' Panel</p> <ul style="list-style-type: none">• 8.50 am students seated in hall.• Introduction and expectations: Chairwomen introduce.• 9.00 am platform party arrives. Welcome from Mrs Chapman• Chairwomen introduce the panel session <p>Students introduce the Keynote Speakers.</p> <ul style="list-style-type: none">• Questions from the floor• Vote of thanks by students• Press session

10:40-11:00 Dining Hall	Break and refreshments provided by Year 11 catering team
11:05-12:00	<p style="text-align: center;">Workshop Session 1</p> <ul style="list-style-type: none"> • W1A: Triangles, the X Factor and Blue Dresses - How Unconscious Bias Impacts Your Decision Making. Led by Mitra Janes in L11/12. • W1B: The Modern Entrepreneurial Woman - Traits of today's Successful Young Women in Business. Led by Charlene Laidley in the Hall. • W1C: Making Good Decisions, Quickly. Led by Judith Weir in M1. • W1D: The Civil Service as an Employer and the Qualities of Leadership. Led by Anna Caffyn in L8. • W1E: An Apprentice's Viewpoint. Led by Jude Worley in L10.
12:00-12:05	<p style="text-align: center;">Short break and changeover time</p>
12:05-1:00	<p style="text-align: center;">Workshop Session 2</p> <p style="text-align: center;">Repeat of Workshops in Session 1.</p>
1:00-1:45 Hall	<p style="text-align: center;">Shared Lunch provided by CCHS students</p> <p>Networking, completion of evaluation form from morning sessions.</p>

<p>1:45-2:25</p>	<p style="text-align: center;">Workshop Session 3 Student Led Workshops</p> <p>W3P: Art Therapy in Room 20.</p> <p>W3Q: Synergy in L4.</p> <p>W3R: Bollywood-Aaja Naachle in the Drama Studio.</p> <p>W3S: De-stress with Yogataion in L11/12.</p> <p>W3T: Design a T-Shirt in T2.</p> <p>W3U: Be Body Confident in L1.</p> <p>W3V: Self Defence in the Gym.</p> <p>W3W: Speak Out in L10.</p>
<p>2:25-2:30</p>	<p style="text-align: center;">Changeover time</p>
<p>2:30-3:10</p>	<p style="text-align: center;">Workshop Session 4</p> <p style="text-align: center;">Repeat of Workshops in Session 3</p>
<p>3:15-3:35</p>	<ul style="list-style-type: none"> • What next? Networking for the future • Feedback, review of the day • Evaluation and Thanks

Morning Workshops
(Sessions 1 and 2)

AM Session 1 Code	AM Session 2 Code	Details	Leader
W1A	W2A	Triangles, the X Factor and Blue Dresses - How Unconscious Bias Impacts Your Decision Making. 'Unconscious Bias' sometimes affect our decision making. The workshop will explore: differences in our perceptions; practical demonstrations of unconscious bias; different interpretations of behaviour; gender differences in behaviour and how we can increase awareness of and manage our own biases.	Mitra Janes
W1B	W2B	The Modern Entrepreneurial Woman - Traits of Today's Successful Young Women in Business. Overview: Successful women - whether they are a CEO, a small business owner or a female internet solo-preneur - all share certain traits that allow them to get and stay ahead. Some of these are obvious and some are not so obvious. The workshop will involve exploration of the key messages and the traits that it takes for women to succeed today. This will involve taking part in a number of exercises designed to highlight current strengths and indication what can be done to combat any areas that still need work.	Charlene Laidley
W1C	W2C	Making Good Decisions, Quickly. A music composition activity. In this session world renowned Composer and Master of the Queens Music Judith Weir will show girls how a simple melodic idea can grow into a whole composition. Keyboards and Sibelius 7 will be on hand to assist those taking part.	Judith Weir
W1D	W2D	The Civil Service as an Employer and the Qualities of Leadership. Breadth of work within the Civil Service and what working there would involve. Also to identify and define the qualities of good leaders and how to develop these.	Anna Caffyn
W1E	W2E	An Apprentice's Viewpoint: Aspects of engineering activities. Led by Jude Worley, ex CCHS student now working at e2v Technologies (UK) Ltd, with colleagues Ben Ash, Sid Smith and Graham Link.	Jude Worley

Afternoon Workshops – Student Led
(Sessions 3 and 4)

PM Session 3 Code	PM Session 4 Code	Details
W3P	W4P	Art Therapy. Expression through Art. Three ten minute activities exploring positivity and relaxation. Come along to take part in simple and fun activities (which require very little artistic ability) and find new ways to express yourself. Take time out to be more creative and de-stress.
W3Q	W4Q	Synergy. Talent wins games but teamwork wins championships. This workshop will be all about interacting and co-operating with people to produce a combined effect that is greater than what can be accomplished alone. Once you finish this workshop, you will understand the value of team work and being an asset to a team.
W3R	W4R	Bollywood-Aaja Naachle. Bollywood goes gehond Jai ho. Come along for a taste of vibrant Indian culture and experience Bollywood dance at its finest. We don't just screw the light bulbs and pat the dog so join us and Aaja Naachle! (Come Dance!) Please also remember to bring leggings.
W3S	W4S	De-stress with Yogatation. Learn to relax with gentle exercise and calming meditation techniques, to help you de-stress and clear your mind. Enter the serene tranquillity to help you reconnect with yourself. Bring comfortably trousers to maximise your enjoyment.
W3T	W4T	Design a T-Shirt. Don't judge a book by its DIY graphic. Ever wanted to design your own graphic T-shirt? Come along and have fun whilst expressing your individuality and learning about self-reliance.
W3U	W4U	Be Body Confident. This workshop will be all about how to present yourself in different situations, whether it be awkward or embarrassing, you should always know how to handle yourself. We will also be enlightening you on how to dress for your body type so any time and anywhere you can always strut your stuff!
W3V	W4V	Self-Defence. Learn to defend yourself. You have strength; learn how to use it. Come along to our workshop to learn new skills and techniques to help you feel more confident. Supported by a Black Belt GP national Karate Champion, you'll leave feeling stronger, tougher and more safe than ever. Feel free to bring along loose and comfortable trousers!
W3W	W4W	Speak Out! Spark Up Your Speech. From this session you will leave being a more confident version of yourself, being able to speak to anyone, anywhere for any time with power and enthusiasm. All of this will be achieved from this Speaking Out workshop involving a series of different activities.