



Chelmsford County High School for Girls

Student Leadership Conference

Friday 21st October 2016

Sponsored by Birkett Long

Keynote Speakers

Mitra Janes

Diversity and Inclusion Manager, DLA Piper UK LLP

Heather Melville

Director of Strategic Partnerships at RBS

Tania Noakes

IFMGA Mountain Guide

Jess Gillam

First-ever saxophonist to win the Woodwind Final of the BBC Young Musician Competition

Guest Schools

The Boswells School

Ormiston Rivers Academy

St John Payne School

BIOGRAPHIES

Mitra Janes, Diversity & Inclusion Manager



Mitra Janes (née Ebrahimi) was a student at CCHS from 1989 until 1996 and she was a Senior Prefect during this time. Following A-levels in English, Biology, History and General Studies, Mitra went on to receive a BSc (Hons) in Psychology from the University of Surrey - a subject chosen due to her interest in human behaviour and wanting to understand what 'makes people tick'. As part of the degree programme Mitra undertook a year's business placement within Human Resources at Ford Motor Company. Mitra then went on to return to Ford as a graduate in 2000. She has undertaken a variety of roles within Human Resources, including Employee Relations, Learning and Development and Business Partner. In 2010 she was appointed Diversity and Inclusion Manager for Ford of Britain, responsible for Diversity and Inclusion policies and strategy for around 10,500 employees across the UK.

In April 2014 Mitra left Ford and joined DLA Piper LLP, one of the world's largest corporate law firms, where she is now Head of Diversity and Inclusion. Being a diversity manager is diverse in name and nature! Mitra is passionate about ensuring everyone feels valued and included and has an opportunity to contribute. In 2015, Mitra was named by 'We Are The City' as a Rising Star in HR and by The Economist's Global Diversity List as one of the top 50 diversity professionals in industry.

Mitra is also a Governor of CCHS and is Chair of the Staff and Student Matters Committee. She is married with two children.

Heather Melville, CCMI, Director for Strategic Partnerships, RBS



Heather Melville was appointed as the Director for Strategic Partnerships and Head of Business Inclusion Initiatives in January 2016, following a successful career in International Sales, a role which leverages vast global client relationships together with her sector specialism especially within the Retail and Textile industry. Heather was recently been recognised in Financial Times 2016 inaugural Upstanding 100 Executive BAME Power List (UK & US) and WeAreTheCity 2016, Top 5 Rising Star Champion for Diversity.

A graduate of the IBM business school, together with a wealth of international experience secured over a 30 plus year career in the world of finance, with the last 9 years primarily focused on the SME client base positioned her in a strong place to meet the evolving global challenges of her clients.

For a number of years, she has sat on the judging panel for the prestigious “UK Fashion & Textile Awards”, “The National Diversity Awards”, “We Are The City Rising Stars” as well as the “Brummel’s Top 30”. Through her partnership with the Latvian Chamber of Commerce in 2015, she is now a Patron and has been invited as a guest judge for this year’s International competition for young fashion designers within Europe.

The Founder and Global Chair of the RBS Focused Women’s Network, which is managed by volunteers, to date have Circ. 12,000 members in 33 countries. Not only does she sit on a number of internal and external diversity boards, in 2010 she was awarded the prestigious Women in Banking & Finance Award for Achievement under the category of Champion for Women, and in 2012 was also awarded the World of Difference 100 Award (TIAW) recognising her as one of the top 100 women worldwide who have made a difference to the economic empowerment of women.

Outside of the financial industry, having completed an executive coaching programme, Heather is a Career Coach and Mentor advising young people who are striving to be tomorrow’s Entrepreneurs. She represents RBS as a Non-Executive Director for Enterprise Enfield a business consultancy funded by the Government to help small businesses. As an established speaker Heather is regularly invited to speak at a number of global business forums, and last but not least is also a Justice of the Peace.

Heather is a mother of 2 sons, a grandmother of 4 girls, who enjoys jazz and driving fast cars!

Tania Noakes, Mountain Guide & Nordic Ski Teacher



Tania Noakes, ex-student of CCHS, is an IFMGA/British Mountain Guide currently based in Chamonix, France and she has worked throughout the European Alps and further afield in the Himalayas, Alaska, and South Georgia.

She comes from a cross-country ski racing background and is now a qualified BASI ISIA Nordic Ski Teacher and Trainer. A former GB cross-country ski team member and British Biathlon Union Club Champion, she has trained a team for, and raced personally in big endurance events like the Patrouilles des Glaciers, Admalelo Ski Raid and Mezzalama. She recently organised and led a British Army expedition involving over 60 people which traversed the entire European Alps on skis from close to Vienna in Austria to Menton on the coast of France in a continuous journey. Last year she climbed the famous Cassin ridge on Denali, the highest peak in North America and holds the fastest female ascent in 22 1/2hrs.

Jess Gillam, Saxophone



In 2016, 17-year-old Jess Gillam made history as the first-ever saxophonist to win the Woodwind Final of the BBC Young Musician Competition. She then reached the Grand Final and performed John Nyman's concerto *Where the Bee Dances* with the BBC Symphony Orchestra at London's Barbican Hall to critical acclaim.

Jess performs regularly at venues and festivals throughout the UK, and has made a guest appearance with Jools Holland and his Rhythm and Blues Orchestra. Concerto highlights this season include appearances with the BBC Concert Orchestra, Southbank Sinfonia, Northern Chamber Orchestra and Worthing, Northampton and Scarborough Symphony Orchestras.

This September, Jess takes up an ABRSM Scholarship to continue her studies at the Royal Northern College of Music. From 2011, she studied with Ruth Bourn and Rob Buckland at the RNCM Junior Department, gaining an ABRSM Diploma at the age of 15.

Jess was recently awarded Musician of the Year at the Cumbria Culture Awards presented by Melvyn Bragg. Last year, she was the youngest of 2,600 delegates to perform at the World Saxophone Congress in Strasbourg. She performed a recital consisting entirely of world premieres by leading saxophonists Barbara Thompson, John Harle and Rob Buckland, as well as one of her own compositions.

Keen to promote live music, Jess has run an annual concert series in her hometown of Ulverston in Cumbria for the past six years, bringing international names such as Courtney Pine, Snake Davis, Tommy Smith, John Harle and the Apollo Saxophone Quartet. Jess is also proud to be the Young Ambassador for the Ulverston International Music Festival.

Awards for Young Musicians have helped Jess greatly with her musical development and Jess has performed in concerts for AYM in venues from the Charterhouse London to Jon O'Groats. At the age of 13, Jess became the youngest-ever endorsee for Yanagisawa Saxophones. She is also a Vandoren UK Artist.

Programme

<p>8:20-8:50</p>	<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, networking• Speakers arrive via main reception: Coffee with Mrs Chapman• Playlist compiled by Amrita Johal
<p>8:50-10:40</p>	<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: Caitlin Farrell and Riona Linn, Chairwomen• 9.00 am platform party arrives. Welcome from Mrs Chapman• Chairwomen introduce the panel session <p style="text-align: center;">Keynote Speakers</p> <p style="text-align: center;">Mitra Janes introduced by Georgia Kiddier</p> <p style="text-align: center;">Heather Melville introduced by Miriam Ashford</p> <p style="text-align: center;">Tania Noakes introduced by Devena Kaur</p> <p style="text-align: center;">Jess Gillam introduced by Freya Mason (Speaking and then performing)</p> <ul style="list-style-type: none">• Questions from the floor• Vote of thanks by Kate Routledge• Presentation of flowers:<ul style="list-style-type: none">○ Eliza Neil to Mitra Janes○ Toni Oduwole to Heather Melville○ Zahra Faiz to Tania Noakes○ Tessa Birchley to Jess Gillam• Photographs

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 the L11/12. • W1B: – Communicating to Audiences. Led by Jess Gillam with Alex McGee in M1. • W1C: Creating Your Brand From Today for Tomorrow. Led by Heather Melville in the Hall. • W1D: Decision Making and Judgement. Led by Tania Noakes in L8. • W1E: Starting Your Own Business – The Big Pitch. Led by Stephen Avila, Associate Solicitor, Birkett & Long LLP in L6. • W1F: 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.</p>

<p>1:45-2:25</p>	<p style="text-align: center;">Workshop Session 3 Student Led Workshops</p> <p>W3P: Abstract Expressions in Room 10.</p> <p>W3Q: Deserted in the Gym.</p> <p>W3R: Introducing the World of Work in L8.</p> <p>W3S: Little Things in Room 19.</p> <p>W3T: Painting with Words in L12.</p> <p>W3U: Strictly Come Dancing in the Drama Studio.</p> <p>W3V: Surviving Student Life in T2.</p> <p>W3W: The Girl in the Mirror in L10.</p> <p>W3X: There's no 'I' in Team in L11.</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 • Reflections from visiting schools • Evaluation and Thanks • Solo performed by Megha Manoj

Morning Workshops
(Sessions 1 and 2)

AM Session 1 Code	AM Session 2 Code	Details	Leader	Venue
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	L11/12
W1B	W2B	Communicating to Audiences: The workshop will focus on performance presence and communicating musically. Participants will play a short pieces of music and gain confidence in how to perform.	Jess Gillam/Alex McGee	M1
W1C	W2C	Creating Your Brand From Today For Tomorrow: Heather will share her own journey and focus on branding, using social media and leadership qualities.	Heather Melville	Hall
W1D	W2D	Decision Making and Judgement: Tania will use her experience as a Mountain Guide, in particular in relation to assessing avalanches, to demonstrate how to make decisions both individually and in teams.	Tania Noakes	L8
W1E	W2E	Starting Your Own Business - The Big Pitch: The workshop will be split into sections. After an introduction, there will be a work sheet to create a business remembering that any idea is a great idea! This will include thinking about a business plan and promotional requirements. Then the business plans will be judged. After this, Stephen will discuss the legal issues behind creating businesses and the necessity to keep within the law, not duplicating names or looks (brand) of other organisations. Also the logistics of creating a business - the company formation and paperwork behind it then it going to company's house etc.	Stephen Avila	L6
W1F	W2F	An Apprentice's Viewpoint: Aspects of engineering activities. Led by Jude Worley, ex CCHS student now working at e2v Technologies (UK) Ltd, with colleagues George Waller and Dana Francis.	Jude Worley	L10

Afternoon Workshops – Student Led
(Sessions 3 and 4)

PM Session 3 Code	PM Session 4 Code	Details	Leader	Venue
W3P	W4P	Abstract Expressions. Express yourself with abstract art with a variety of materials to relax and discover yourself.	Tessa Birchley, Alice Brown, Kezia Davies, Hannah Ferris, Kerensa Newcombe with Mr Bradford	Room 10
W3Q	W4Q	Deserted. Imagine that you have been shipwrecked on a desert island! In order for you to escape, you'll need to work together to overcome physical challenges the island has set for you. Either work together or stay deserted ...	Saliha Edoo, Zahra Faiz, Riona Linn, Arya Vindlacheruvu with Miss Sales	Gym
W3R	W4R	Introducing the World of Work. A crash course into the world of work from the flawless CV to the ideal interview attire. Work experience gives the student an abundance of unrivalled expertise in their chosen field, making them prepared for employment later in life.	Anna Li, Vaishnaviee Ragavan, Cindy Wu with Dr Huckvale	L8
W3S	W4S	Little Things. Reflecting upon the little things through a calming, relaxing and enjoyable session through the mediums of art and poetry.	Shivani Pedda Venkatagari, Eloise Tomkins, Emily White-Musgrave with Dr Alsop	Room 19
W3T	W4T	Painting with Words. A workshop which will teach you about the art of the spoken word, and the unique aspects which differentiate it from just normal poetry. This will teach you about expression, interaction and creativity. Come along ready to not just enjoy spoken word, but also create and perform (optional) your own!	Funmi Asekun, Temi Boye with Miss Greenwood	L12
W3U	W4U	Strictly Come Dancing. Whether you are an avid fan of Strictly, or you simply want to try something new, come along to our ballroom and Latin dancing workshop for a fun and easy introduction. No previous experience is required, just come along with a partner, and maybe a pair of leggings. We hope to see you soon.	Georgia Kiddier, Kate Routledge with Miss Pocock	Drama Studio
W3V	W4V	Surviving Student Life. In a few years, we will all be at university or starting work, fending for ourselves. Come along to learn some basic life hacks, from sewing on a button to how to cook. Don't worry, we will help you prepare for the future!	Ina Kruger, Narmiha Kumaran, Julie Tang with Mrs Williams	T2
W3W	W4W	The Girl in the Mirror. Are you happy with the girl in the mirror? Is your reflection who you want it to be? Only 2% of women feel they can call themselves beautiful, come along to explore your own inner goddess!	Miriam Ashford, Rachel Fakunle, Iyanu Joseph, Megha Manoj, Ursula Moncrieff, Toni Oduwole with Mrs Foley	L10
W3X	W4X	There's no 'I' in Team. A collection of games promoting teamwork and confidence. Come ready to solve a mystery and make new friends!	Mariam Ahmed, Anne-Marie Aung, Caitlin Farrell with Miss Harrison	L11