

**Study day - Building Confidence and Courage
Thursday 6 October 2022**

Friends House, 173-177 Euston Road, London, NW1 2BJ

PROGRAMME

- 09:00** **Registration**
- 09:30** **Opening Remarks**
- 09:45** **Exploring confidence and courage**
Jen Kendrick, Manchester University NHS Foundation Trust
- 10:45** **Coffee Break**
- 11:00** **Impostor syndrome – do you mean me?**
John McLuskey, University of Nottingham
- 11:30** **Tools for grounding**
John McLuskey, University of Nottingham
- 12:00** **Lunch**
- 13:00** **Speaking confidently**
John McLuskey, University of Nottingham
- 13:45** **Writing confidently**
Michelle Croston, University of Nottingham
- 14:30** **Coffee Break**
- 14:45** **Self-compassion**
Michelle Croston, University of Nottingham
- 15:45** **Closing remarks and evaluation**
Jen Kendrick, Manchester University NHS Foundation Trust
- 16:00** **Depart**

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