



Student Futures Festival

19-22 June

Aims

At the start of the Summer Term we launched our new 12 week Student Futures programme which has been running across tutor time and PDE sessions. This four day festival of ideas aims to provide students with:

- Inspiration from a range of concepts, speakers and activities
- Opportunities to learn more about themselves and the world beyond school
- Support to build their resilience to enable them to see setbacks as learning opportunities
- Nurturing to develop their confidence so they can fulfil their potential
- Empowerment so they can make the most informed decisions about their future
- Preparation for higher education and alternate pathways applications, which they will complete at the start of Year 13

School is a springboard: use it to launch into your future

As students embark on their last chapter at Rosebery, we want to provide them with the toolkit to broaden their mindset to embrace school as a springboard, making the most of every opportunity. This festival encompasses a range of interactive workshops and lectures that provide a holistic approach to preparing students for their future, because today's workplace offers immense flexibility and freedom to carve out careers that fulfil them.



Engage



Explore



Embrace

The future starts now



Choices

The festival combines mandatory and optional workshops that enable students to create a bespoke experience. Please note, students are expected to attend each day and remain onsite from 8.30am-3pm, except on Friday 22 June when the festival finishes at lunchtime.

Students have selected 6 of the 12 workshops (we hope to accommodate all preferences but due to timetabling some may attend alternative workshops), which enables students to have one free period each day to reflect, draft statements and relax in the common room. By the end of the festival students should have created a draft of either a personal statement or CV/covering letter for alternate pathway

Festival Timetable – may be subject to change

Day	Tutor Time	Period 1	Period 2	Period 3	Period 4	Period 5
Tuesday 19/6	Welcome assembly	SF self-selected workshop	SF self-selected workshop	SF self-selected workshop	SF self-selected workshop	Physical Mindfulness Sign up via email after half term
Wednesday 20/6	Introduction to UCAS	UCAS login	SF self-selected workshop	SF self-selected workshop	SF self-selected workshop	Unifrog: update competencies and experience
Thursday 21/6	WEX feedback with tutors	Writing about yourself: the language of confidence	Writing for university or employment	SF self-selected workshop	SF self-selected workshop	Physical Mindfulness
Friday 22/6	Alumni welcome breakfast *Students prep speed mentoring questions	Speed Mentoring	Students attend a minimum of 3 Life Lessons Opportunity to sign up to these sessions will be at the start of the week		Keynote SF Festival assembly Lunchtime finish	



Festival Self-Select Workshop Summaries

In the world of #MeToo, the gender pay gap, and 100 years since some women had the right to vote, we want to provide our students with the very best springboard to launch their future. A key component is building students' networks so Friday 22 June is dedicated to introducing them to inspiring women from our alumni network who can share their career pathways and advice.

The self-select workshops, from Tuesday 19th-Thursday 21st June, have been designed to give students the best toolkit to embrace their all of their potential. The majority of these sessions will be delivered by inspiring members of Rosebery staff, but we are delighted that we will also be joined by four innovative and energising external speakers (highlighted in bold and with *). Each student has created their own bespoke festival line-up.

Workshop	Summary
<p>You are not a fraud: avoiding imposter syndrome</p>	<p>All of us can suffer from a lack of self-belief and the feeling that we are an 'imposter' who doesn't deserve our successes and who will be 'found out'.</p> <p>This workshop explores strategies to address our feelings of self-doubt, reshape our negative thought patterns and recognise our strengths.</p>
<p>Getting what you deserve: asserting yourself with confidence and compassion.</p>	<p>Assertiveness is the courage to be ourselves and show the world our likes and dislikes, our thoughts, feelings and shortcomings. It is about communicating honestly and fairly with the people around us.</p> <p>This workshop focuses on developing your communication skills to enable to you ask for what you want and look after your needs with confidence, whilst still maintaining positive relationships.</p>
<p>Walking the tightrope: finding the perfect balance between work and life</p>	<p>What does your ideal day look like?</p> <p>This two part session focuses on the work/life profiles of a range of successful and inspirational women in different fields; moving away from a focus on job titles and towards what it is that makes us feel fulfilled professionally and personally.</p> <p>Take the opportunity to consider what makes you happy and explore your future work/life profile.</p>



Festival Workshop Summaries Continued

Workshop	Summary
<p>Do you need to dump your Instagram? Maintaining a healthy relationship with social media.</p>	<p>Is your relationship with social media getting toxic?</p> <p>This two part session explores the potential negative impacts of a toxic relationship with social media and empowers you to break up with the content that brings you down.</p> <p>You will also explore how to use social media as a positive platform to network and empower yourself.</p>
<p>Goal setting: the pathways to success. How do you work backwards from it?</p>	<p>“A goal without a plan is just a wish”</p> <p>This session focuses on action planning and time-lining to achieve your goals; breaking your long term aspirations down into smaller, manageable steps to set you on the pathway to success.</p>
<p>Female empowerment: the importance of sisterhood.</p>	<p>Stronger together: there’s nothing we can’t do</p> <p>How have women’s movements shifted the perspective of not only how society see women but how women see women? Explore the role that sisterhood plays in today’s society, both in the workplace and our personal lives. Learn about the power of supportive, authentic and lasting friendships.</p>
<p>Recognising your brilliance: strength and interest coaching to make you shine.</p>	<p>What makes <i>you</i> amazing?</p> <p>This session coaches you through strategies to recognise your many strengths and interests and translate them into a vision for the future that includes selling your skills to future employers and universities.</p>
<p>Wonder-women: embrace powerful poses and personal mantras</p>	<p>Doubt kills more dreams than failure ever could: it is a lack of self-belief which prohibits success.</p> <p>This two part workshop will build your self-confidence toolkit. Learn from inspiring and accomplished women’s advice to their younger selves, explore a range of activities that will culminate writing your own personal mantra. Then explore how your body language shapes who you are. Learn about power pose and how adopting these can boost your confidence.</p>



Festival Workshop Summaries Continued – led by external speakers

Workshop	Summary
<p>Speak up: the language of confidence.*</p>	<p>A unique opportunity to work with the artistic director of a theatre company to explore strategies to speak confidently, both 1:1 and in a public setting.</p> <p>Explore how to adapt your communication style to suit a range of audiences, empowering yourself to communicate effectively.</p> <p>A great all-inclusive session that will support anyone: from the shyest amongst us to the next prime-minister.</p>
<p>The Art of Self-care*</p>	<p>Learn to treat yourself like you would your best friend.</p> <p>Learn the fine art of being kind to yourself: food to nourish our body and mind, the value of Me Time and sleep hygiene.</p> <p>An interactive session, led by the managing director of a brand communications studio, will give you a practical toolkit to tune into your needs.</p>
<p>I'm not bossy, I'm a boss: leadership skills for the 21st century.*</p>	<p>In an increasingly diverse job market, the future generation of female leaders really can have it all, but how do we get it?</p> <p>A session to explore how lead with confidence whilst feeling empowered to maintain a healthy work/life balance. This workshop is led by entrepreneur and founder of an innovative HR company.</p>
<p>The habits of happiness*</p>	<p>Emotions are 'energy-in-motion'.</p> <p>Undertake exercises that help wire the internal conditions for happiness and a positive outlook. You'll explore healthy ways in which you can self-soothe and regulate negative feelings.</p> <p>This interactive workshop, led by the founder of thegirlnessproject, will explore the importance of self-compassion and the direct impact this has on our happiness and resilience.</p>