

Shared Connections Day: Thursday 13th June 2024

Click [here](#) to register for sessions

9:15 onwards H0.1/0.2

Refreshments and registration for the day

Curve Lecture Theatre 9.45-10.30 (Anna Dulic-Sills) [register here](#)

Welcome to the day

Professional & Technical Services Awards

J1.6 10.45-11.40

Mindfulness in everyday life (Julia Hutchinson)

[register here](#)

Finding moments to pause and appreciate in the middle of it all! In this session we will explore how to bring mindful awareness into our daily lives, through moving, tasting, touching, smelling, hearing as well as breathing. We will do some short practices together and investigate how we might integrate moments of mindful awareness into day-to-day life, with the aim of supporting our well-being.

J0.7, 10.45-11.40

Employability upskilling workshop LinkedIn, CV & cover letter – top tips (Fiona Telford)

[register here](#)

Want to 'polish up' your professional self-marketing tools but weren't sure how? Ever considered having a LinkedIn profile but weren't sure where to start or, what benefit it might be to you? CV out of date and you're not sure how to make sure it's content is relevant and up-to-date? Cover letters; how do I know what and, what not to include?

Join this friendly session where Fiona Telford, one of our Careers Consultants will guide you through some top tips so you can best showcase what you hold in your careers, skills & experience toolkit.

J1.1, 10.45-11.40

Being a single parent (Robert Sookham & Lorraine Brown)

[register here](#)

Join us to discuss some of the challenges of being a working single parent and, in particular, to explore the strategies that might help us manage our work and home life more smoothly. We will also think, as a group, about navigating difficult emotions in ourselves and others.

Alastair Hunter Room, 10.45-11.40 & 11.50-12.45

Pilates (Katie)

[register here](#)

"Katie's Pilates, South London. With a focus on providing classes for all abilities, Katie's built a loyal following across her four studios, where classes are frequently fully booked..." stated in the EVENING STANDARD 2024 as being the top 5 most in demand Pilates classes in London

'Pilates is a discipline. You really do see and feel the benefits if you stick to it. Katie's Pilates welcomes all levels, the classes are fun, dynamic workouts which strengthen the core in a safe sensible way. Everybody and everyone can do Pilates.'

Come along and give it a go. Please wear loose clothing, bring a mat if you have one and some water

J1.11, 10.45-11.40 & 11.50-12.45

Stress for Success! (Nichola Denman)

[register here](#)

Nichola, a Positive Psychology Coach, and Growth Mindset Expert from Your Mindset Matters will deliver a 55 minute Stress Management Workshop focusing on how to manage your own Mindset to be able to handle whatever the day throws at you and build your resilience at work.

You will learn how to:

- *Change your relationship with stress and use it to fuel your performance instead of feeling anxious, overwhelmed or burned out*
- *Become aware of the signs and symptoms of stress*
- *Develop healthy coping strategies*
- *Expand your comfort zone*
- *Stay calm in moments of chaos*
- *Rewire your brain and shift your mindset from negative to positive.*

You should leave the session armed with tools to manage stress, a positive attitude, and feeling motivated with a fresh perspective on life/work pressures.

J1.1, 11.50-12.45

All things student casework (Ionna Enany)

[register here](#)

Magic happens when academics and professional services staff work together in synergy for the common goal of protecting the integrity of our degrees. Do you want to know more about how we achieve this in the Student Conduct and Compliance (SCC) Team? If so, be prepared to immerse yourself in the fascinating and challenging world of SCC. We'll be providing a brief overview of the processes and procedures we oversee and a quick scenario to give you a flavour of what a day in the life of SCC looks like.

11.50-12.45

Zebrafish Unit Visit (Hannah Davies, Rene Ocho)

[register here](#)

Swimming with Science: Dive into the World of Zebrafish (in Jenner Wing 1st Floor, Corridor 6, Room 1.164. Max 10 people)

Session brief: Researchers at St George's are using zebrafish to help them understand human diseases. Head over to our new, state of the art Zebrafish Unit for an interactive workshop where you'll learn more about these tiny freshwater fish and how our passionate Technical staff keep them healthy and happy on a daily basis. Come on in, the water's fine!

J0.7, 11.50-12.45

Collaborating with you: Development and Alumni Relations team (Nick Rogers & whole team)

[register here](#)

Mandy Sheriff - Associate Director of Development and Alumni Relations

Dr Chris Huggins - Development Operations and Database Manager

Ciaran McKenna - Alumni Engagement Manager

Nick Rogers - Development Officer

How can the Development and Alumni Relations team be the best partners for you? Come meet the team and learn about how they work to engage alumni, donors, supporters, and friends of the St George's community.

J1.7, 11.50-12.45

Craft Workshop (Janet Guthrie)

[register here](#)

Would you like to make some unique Mini Magnets?

*Come along to this *Decoupage workshop in a relaxed environment to create a selection of items to take away – beginners welcome! You will also be provided with a handout for other Decoupage ideas.*

**The art of decorating surfaces by applying cutouts and then coating them with layers of finish such as lacquer or varnish.*

H0.1 12.45-1.30pm

LUNCH

[register here](#)

Curve Lecture Theatre, 1.30-2.30pm

Lightening Talks

[register here](#)

Getting to know you.....

J1.1, 2.40-3.35

Pensions and retirement financial planning (Cara Wright)

[register here](#)

It is never too early or late to start thinking about pensions and planning financially for your retirement.

This session will take you through things to consider and if applicable act now to ensure you have the lifestyle you are planning for your retirement.

I will take you through your pension benefits, along with how state pension, company pension, pension tax and discuss different options available to you when you do claim your pension benefits.

This will be a general guide and a direction for you to follow only as I am unable to provide financial advice.

J0.7, 2.40-3.35

Harnessing Generative AI in Professional Services (Baba Sheba, Luke Woodham and colleagues from the Centre for Technology in Education).

[register here](#)

This workshop aims to equip the professional services staff at St George's University of London with the necessary knowledge and skills to effectively integrate generative AI technologies into their daily operations. We will examine some of the practical applications, and ethical considerations, as well as explore various AI tools, including Microsoft Copilot in Edge, ChatGPT, and Perplexity. This session will enable staff to enhance efficiency, improve decision-making, and drive innovation within their respective roles while ensuring compliance with university data protection policies.

Alastair Hunter Room, 2.40-3.35

Basic Life Skills (Suzan Thompson and Sarah-Jane Anscorb)

[register here](#)

This is an opportunity for SGUL staff to receive Basic Life Support Training from experienced emergency department nurses, a skill which could prove essential at any point. Staff will

have an opportunity to practice on manikins, and to ask questions of our friendly and supportive staff who are experienced at undertaking this procedure in real life situations.

J1.6 2.40-3.35

Stories from the Archives (drop in) (Juulia Ahvensalmi)

[register here](#)

Drop in to explore St George's history and chat with the Archivist Juulia. The Archives and Special Collections houses a wide range of records and objects from the 18th century to the present day, offering a unique glimpse into the people and events which have shaped the university's history. This is a chance to see our earliest student records, find out about St George's connections to the slave trade, explore London's social history through our post mortem casebooks and discover what surgery in the 19th century would have been like.

Curve Lecture Theatre, 3.45-4.45pm

Life, Death & Biscuits – experiences of a St George's Critical Care Nurse during Covid (Anthea Allen)

[register here](#)

As a child Anthea Allen dreamt of becoming a nurse. She began her nurse training in 1991, and five years later joined the team on ICU at St George's Hospital in Tooting, southwest London, where she still works as a senior sister. Anthea is also responsible for recruiting nurses for the hospital's adult Critical Care units. Anthea is a marathon runner and lives in London with her partner, their two children and three cats. Life, Death and Biscuits is her first book (available from SGUL Library). Within three weeks of its publication in February 2022, Life, Death and Biscuits became a Sunday Times Bestseller.

Instagram: @lifedeathbiscuits

4.45-6.30pm BAR – Cocktails/Mocktails

[register here](#)

Join us at the end of the day to relax with a cocktail/mocktail and socialise with colleagues

Michal will be offering 10 minutes neck and shoulder massages during the day. Sign up in H0.1/0.2 on the day