

**Networking & Practitioner Wellbeing Conference**

**Tuesday 28th October, 10:00 - 15:15**

**Online**

10:00 **Welcome & Introductions**

10:05 **Supporting our own Wellbeing and Practitioner Journey** - Oliver Rosetti, Outreach Manger, Arden University

*In our drive to put people first and create lasting, positive change, it’s easy to overlook the impact that our work can have on our own wellbeing and professional journey. In this interactive session, we’ll pause, reflect and recharge — exploring practical wellbeing initiatives, peer support techniques and creative-coaching exercises designed to visualise your journey and goals, helping continue to fuel our passion for creating positive impact.*

10:50 **Discussion rooms**

*Join fellow delegates in small breakout rooms - bring your insights, experiences, and questions for a relaxed yet meaningful conversation.*

11:05 **Comfort Break**

11:15 **'It's you again!' Effective networking in your institution and on the road** - Dan Flatt, Head of Student Recruitment and Outreach, University of Leicester

*This session will provide you with some top tips on creating lasting links and professional relationships with colleagues in your own team, wider institution colleagues and with people you spend so much time with whilst out and about delivering recruitment and outreach activity. In this session, Dan will talk about his experiences from over a decade in the sector but also provide some practical ideas and suggestions on how you can collaborate and work with people in your own institution and across the sector.*

12:00 **Lunch**

13:00 **Breakout session:**

**Option 1: Maintaining a healthy work/life balance** - Anna Wightman, Outreach & Recruitment Officer, University of Bradford

*This session will cover how to generally look after our mental health, maintaining a work life balance (in the office, at home and when out on the road), and burnout prevention strategies. Anna has a background in Psychology (Masters degree) and is also a yoga teacher with some foundational knowledge on wellness and mental health.*

**Option 2: Making the most of a temporary contract** -Sophie Hunt, Student Recruitment Officer, University of Birmingham

*This session will talk through Sophie’s personal experiences of being on a temporary contract at the University of Birmingham, offering practical tips and guidance for excelling in these roles and considering next steps.*

**Option 3: Coping with change, in an unstable sector** -Kimberley Chadwick-Reaney, Head of Recruitment and Access, University of Staffordshire

*Our sector is currently undergoing a period of significant change, with recruitment and outreach teams often being at the forefront of this change. This session aims to help individuals understand and manage the challenges that come with change. We will look at how we can develop practical coping strategies and address the emotional impact of change and learn techniques for navigating both positive and negative transitions.*

**Option 4: Looking after the mental health of our teams** -Helena Eaton, Director of Marketing and Recruitment, Wrexham University

*This session will provide advice and insight on how to promote good wellbeing for your teams from a management perspective, with top tips on how line managers can put their teams wellbeing at the heart of what they do, and why this is so important.*

13:45 **Networking & reflections**

14:05 **Comfort Break**

14:15 **Sector updates, and how HELOA can support you** - Reena Littlehales, HELOA UK Chair

*Whether you're a new member to HELOA with a 4 digit membership number or a colleague who's been with us from the single digit days, as an association we are ever-changing and we always want to keep our members at the heart of what we do. This session will cover an update on how HELOA can support you from volunteering roles in the committee to session delivery at events and will include some real case studies from previous HELOA members. We'll also take a brief look at the sector as it stands and ensure that we give you the best overview of what's happening in policy and what’s likely to come our way over the next academic year.*

15:10 **Closing remarks**

15:15 **Finish**

\*Programme is subject to change