



Name: _____

Women ConnecTT 2024: Invest in Yourself

PRESENTED BY TT ELECTRONICS & PURPLE PEBBLE PEOPLE

Facilitator: Becky Viccars
Park Regis, Birmingham
Tuesday, 16 April - Wednesday, 17 April



WELCOME!

We are so excited to have you join us for **Women ConnectTT 2024**. This is your personal event guide and workbook. Write your name on the front of it, take notes in it, doodle in it, and do what you want with it to make it your own. We hope you have a great time at this year's event and you learn something new about yourself!

AGENDA: TUESDAY, 16 APRIL

TIME	EVENT	LOCATION
09:30	Arrive, get settled and get ready for the day	Sky Loft Floor 16
10:00	Event Kick-Off SPEAKERS: ROB RELPH & CLARE NICHOLLS	Sky Loft Floor 16
10:30	Session 1: The Imposter	Sky Loft Floor 16
11:30	BREAK	
11:45	Session 2: Exploring Our Inner Voice: Part 1	Sky Loft Floor 16
12:45	LUNCH	INDUS Restaurant Ground Floor
13:45	Panel Discussion	Sky Loft Floor 16
14:30	Session 3: Exploring Our Inner Voice: Part 2	Sky Loft Floor 16
15:15	BREAK	
15:30	Session 4: The Courageous Cheerleader	Sky Loft Floor 16
16:30	Reflections on the Day	Sky Loft Floor 16
16:45	Closing Remarks	Sky Loft Floor 16
16:55	Group Photo	Sky Loft Floor 16
17:00	Day ends	
19:00	DINNER	Sky Loft Floor 16

AGENDA: WEDNESDAY, 17 APRIL

TIME	EVENT	LOCATION
08:00	BREAKFAST	INDUS Restaurant Ground Floor
10:00	Departing	

TAKING ANY PHOTOS?

Share them on ConnectTT and LinkedIn using **#WomenConnectTT2024**.

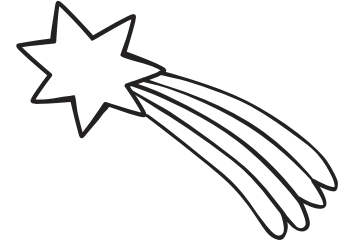


WOMEN CONNECTT 2024: INVEST IN YOURSELF

PRE-EVENT REFLECTIONS

We help create a better world for everyone when we invest in ourselves and those around us. When women are invested, there's a sense of belonging, relevance, and empowerment.

What does investing in myself look like to me? What do I want to get curious about today? What are my goals for this event? Eg. Meet someone new, Learn a bit about myself.



CONNECTIONS

I want to connect with these people after the event.

NAME	WHAT I WANT TO REMEMBER / WHY I WANT TO CONNECT



EVENT KICK-OFF



STOP BY THE SPICE GIRLS



Questions that I have for **Rob Relph**, Senior Vice-President, Europe and/or **Clare Nicholls**, Group Human Resources Director:

SESSION 1: THE IMPOSTER

The term **Impostor Phenomenon** was introduced in 1978, by psychologists Pauline R. Clance and Suzanne A. Imes. According to Clance and Imes, there are three defining features of Imposter Phenomenon:

1. Feeling that others have an inflated perception of your abilities.
2. A fear that your true abilities will be found out.
3. A tendency to attribute successes to external factors.

LET'S DISCUSS

When do you experience feelings of Imposter Phenomenon?

What are the influencing factors for women when it comes to experiencing Imposter Phenomenon?

In what ways do women's experiences differ from men's experiences?

DID YOU KNOW?

70% of people will report experiencing at least one episode of Imposter Phenomenon during their lifetime.

SESSION 2: EXPLORING OUR INNER VOICE - PART 1



ANTI-HERO BY TAYLOR SWIFT

Introducing the Inner Critic and getting to know it...

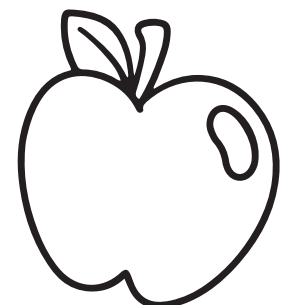
HELLO!
MY INNER CRITIC'S NAME IS

REFLECTION

When does your inner critic show up? Are there specific situations or events that bring it forward? What is the message that it's trying to tell you? What is it afraid of?

What does your inner critic sound like? Describe its tone, pitch and volume. Does it have an accent?

Does your inner critic have any repeat phrases it uses?





TRUTH OR TALL TALES?

Is your inner critic telling you the truth? Or is it telling tall tales?

What is your inner critic telling you that's true?



What are the things you need to be mindful of when listening to your inner critic?

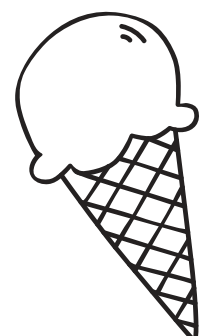
What stories or scenarios is it making up?

PANEL DISCUSSION



SELF-LOVE BY ZEN

A spot for notes, questions or reflections that you have while listening to the discussion.





SESSION 3: EXPLORING OUR INNER VOICE: PART 2

Welcoming our Inner Wisdom...

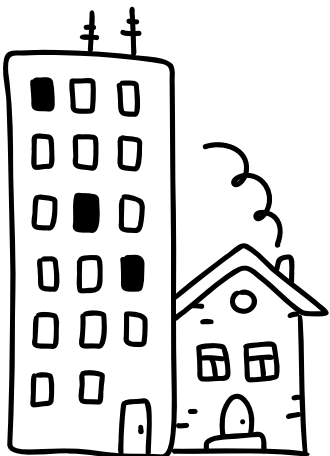
ACTIVITY: ACCESSING THE VOICE OF OUR INNER WISDOM REFLECTIONS

What does your inner voice sound like? Describe its tone, pitch and volume. Does it have an accent?

What supportive things does your inner voice say?

What supportive things were you doing when you heard your inner wisdom?

What advice does your inner wisdom offer?



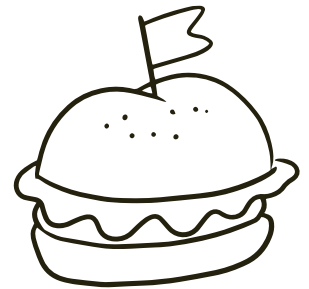


FIERCE SELF-COMPASSION

Self-compassion means saying yes to ourselves, taking action, doing something different, making changes, disrupting unhelpful systems, challenging negativity, protecting us, providing for us and motivating us.

What act of self-compassion have you done recently?

How can you show yourself more self-compassion?



SESSION 4: THE COURAGEOUS CHEERLEADER



CHEERLEADING FOR YOURSELF

What are you most proud of in your life?

What are you most proud of in your career?





CHEERLEADING FOR OTHERS

Who did you meet today? What have they done that was awesome?

DISCUSSION: MY CHEER SQUAD

Who has cheered you on in life with great impact?

1.	2.	3.
4.	5.	6.

What did they do? How did they do it? What impact did it have?

What are the characteristics, habits, attitudes, and actions of a great cheerleader?





REFLECTION

Who are you cheering leading for?

1.	2.	3.
4.	5.	6.

DISCUSSION: INVEST IN OTHERS

Who is in your 6? How can you invest more in your 6? Who do you need to invest in? Do you need to ask questions of a system or challenge a process?

What can we do to take steps to being more inclusive as individual cheerleaders and as an organisation of cheerleaders?

END OF DAY 1



POCKET FULL OF SUNSHINE BY NATASHA BEDINGFIELD





PERSONAL FOCUS: LOOKING FORWARD



ROAR BY KATY PERRY

What moments stood out for you?

Who made an impact on you?

What are three actions that you are going to take immediately?

1.

2.

3.

