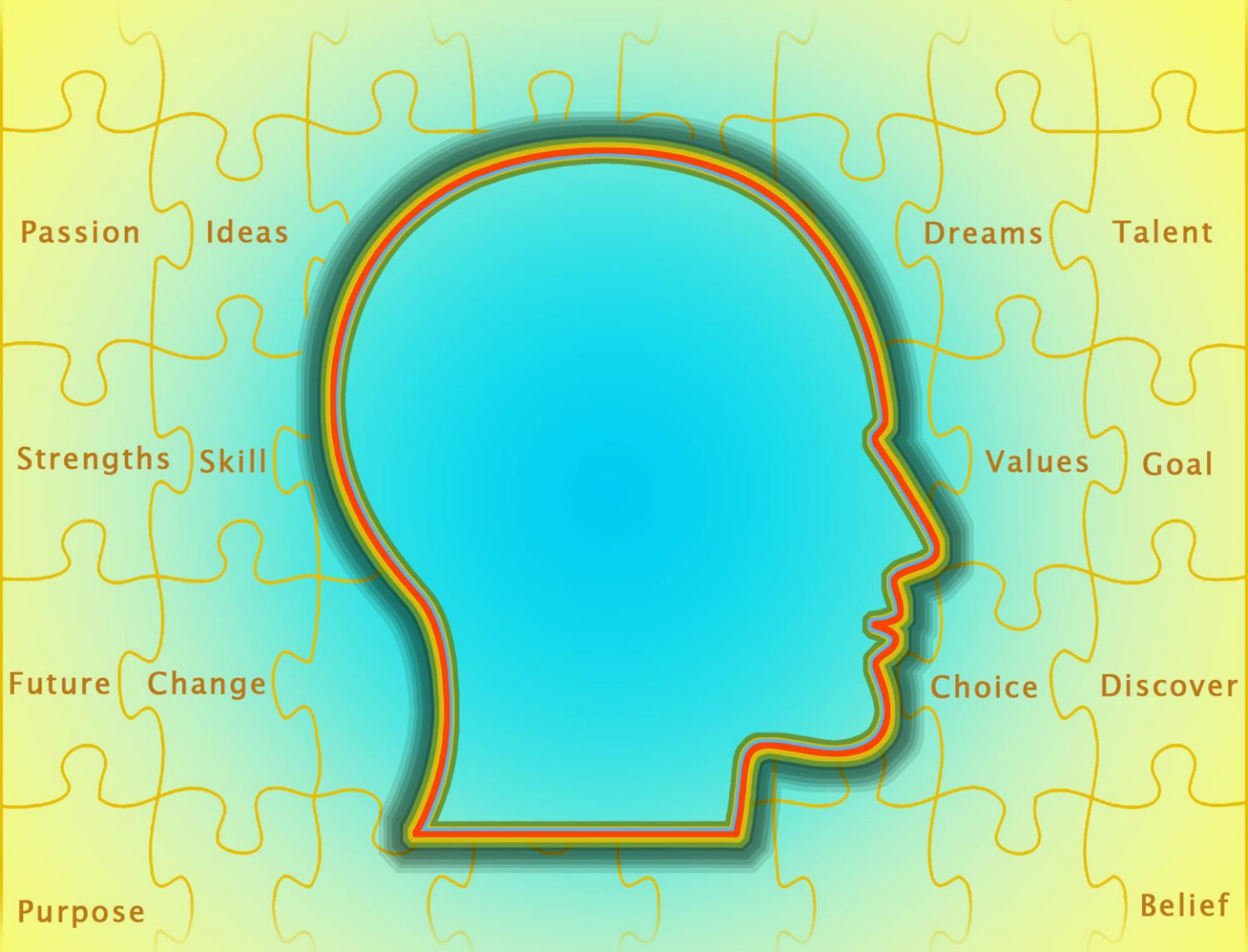


HEADSPACE

MBA Careers and Self-Discovery



Global MBA Alumni Event
Saturday 16th May 2020

Sign Up: www.brookesalumni.co.uk/headspace

Headington Campus, Oxford

OXFORD
BROOKES
UNIVERSITY

Connect . Collaborate . Create

An all-day reunion and networking event (9am to 5pm)

Attendees have the
opportunity to
WIN one 3-hour
coaching programme
with Rachel Brushfield!

GUEST SPEAKERS

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Rachel Brushfield

'The Talent Liberator' at Energise

Career Strategist & Coach. Author. Network Founder

Rachel Brushfield is 'The Talent Liberator', an experienced career strategist and coach, marketing mentor and published author at Energise – The Talent Liberation Company, established 1997. Rachel's specialisms are portfolio careers, women entrepreneurs, talent that doesn't fit in one 'neat' box and marketing yourself. She is co-founder of the network PWHub for senior employed women. Delegates will gain insights, practical ideas and inspiration from client stories, following an interview with Rachel by Sarah Hudson, event producer.



John Kirwan

Careers & HR Consultant, Coach & Mediator

Oxford Brookes University

As a Fellow of the Chartered Institute of Personnel and Development, John brings a wealth of knowledge and tools to support career transition and enhance employability. John encourages 'future-proofing' - the development and application of proactive career management tactics to enhance career adaptability, with an awareness of mindsets, career identity, strengths and resilience. John presents a step-by-step approach to unravelling the complexities of career development to enhance the path to self-discovery.



Debbie Warrenner

Senior Consultant at GR Japan K.K.

Founder of Inner Leadership – Outer Change

Debbie is an experienced trainer in leadership and change, offering strategic facilitation for individuals focussing on personal change. Debbie believes that we all play a part in transforming our world and that what you care about matters. 'Everyone has unique gifts, skills and experiences to offer in acting for change. Your willingness and desire to act for change is what counts'. Debbie will present a workshop for changemakers looking to take new directions, to step into your 'Inner Leadership for Outer Change'.



Will Tadros

Clinical Psychologist at NHS Foundation Trust

Non-Executive Director, Ercol Furniture

"People are incredibly good at surviving. We are not so good at thriving - in our attempts to avoid risks, we also tend to avoid fully living. I work to help communities and individuals build meaningful lives by first identifying what really matters to each of us and then building the skills, connections, and flexibility needed to pursue these values". I'm excited to be leading an interactive session where you will have the chance to start exploring your values while also learning some simple ways to keep working towards them when life gets challenging.

GUEST SPEAKERS

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Yasmina Mallam-Hassam

Co-Founder of Own Your Talent

Yasmina is the former Director of HEC Paris Career Centre and managed the Careers Team at Imperial College Business School. Yasmina believes that everyone should have access to good careers advice to help them enjoy what they do as we spend so much of our lives at work. Own Your Talent was created to empower individuals to take control of their careers by helping them make decisions with confidence and formulate clear strategies to achieve their career goals. In our session we will share our strategies for identifying the right role for you and remaining resilient throughout the journey.



Sarmini Ghosh

Co-Founder of Own Your Talent

Sarmini previously managed graduate recruitment at Olswang LLP before career changing to coaching and leading the flagship MBA Career and Professional Development programme at Imperial College Business School. Sarmini is passionate about helping individuals achieve their career goals. Whether you are kick-starting, rebooting, accelerating, changing or pausing your career, we can help you navigate your career transition successfully and with confidence. As part of our session, we will share case studies of our MBA clients to highlight approaches for making the right career decision and how to career change successfully.



Sarah Hudson

Producer of Headspace & Oxford Brookes Alumna

'We spend so much of our lives looking out and discovering the world around us that we forget to take time to reflect inside ourselves and learn about our values, our beliefs and our strengths etc. Our career compass if you like! I feel there's a gap in our general education that teaches us how to discover Who we are, What we enjoy and Why etc. In hindsight these rhetorical questions are so important to our general health, wealth and happiness – and our careers! As such I believe we would all benefit from some Headspace and some soul searching to align our MBA with ourselves and vice versa. I'll take you along my journey of Self-Discovery and share how to get there!'



John Lees

Career Coach & Strategist, Business Speaker, Author of Career & Personal Development Books

One of the UK's best known career transition specialists and careers writers, John is the author of 'How To Get A Job You Love' which regularly tops the list of best-selling careers book by a British author. He has worked with a large range of organisations including The British Council, Career Management Consultants Ltd, CIPD, HBOS, The House of Commons, HSBC, Orange, The Association of MBAs and Lloyds Banking Group. Although John is not available on the day, he has provided a short, exclusive video for Headspace.