

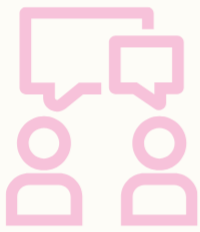
# Workshops: Block #1

2:15 - 3:15 PM



**Organising for Rep Power**, with Rod O' Donnel (Campaigns and Community Organiser, Arts SU)

*Introducing reps to the basic tools and skills of community organising and campaigning in a fun and empowering workshop format, including 1-2-1 exercises and power mapping.*



**Reflective Practices for Communication and Wellbeing**, with Alicia Monedero-Chaves (Associate Lecturer in Academic Support, UAL)

*A session exploring reflection and analysis in communication and wellbeing, utilising movement, writing and discussion to develop effective methods for collaboration and project creation.*



**Building Confidence in Academic Language**, with Gareth Rees (Assistant Head of Language Development, UAL)

*A session focused on supporting Reps with their use of academic language, writing and communication in course work and project development.*



**What would a university co-owned and co-run by staff and students look like?**, with Amita Nijhawan (Senior Education Developer, UAL)

*Creative and interactive session exploring how a university co-created by staff and students could reimagine education, challenge hierarchies and impact social justice.*

**Attendees must select their first and second preference of workshop prior to arriving; you can only participate in one workshop per-block.**