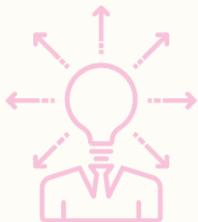


Workshops: Block #2

4:15 - 5:15 PM



Branding yourself and your work, with Dr. Ioanna Karagiorgou (Senior Lecturer in Communications and Media BA Public Relations)

A session focused on personal branding, helping Reps communicate values, confidence and credibility when representing peers, sharing feedback and engaging with staff and Arts SU.



How to manage stress and anxiety, with Qing Brown (Counselling and Wellbeing team, UAL)

A session focused on supporting Reps to better manage stress and develop useful strategies to overcome stress and enhance self-care.



The Iceberg: Beyond Greetings, with Bia de Sousa Costa (2025 Student Rep of the Year)

A session focused on introducing Reps to student campaigning and working with diverse communities beyond the university.



Organising to Decolonise, with Charmiane Chikiwa (CCW Sabbatical Officer, Arts SU)

A session focused on developing community organising skills for the purposes of decolonising the curriculum.

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