



Hello!

Welcome to the YDWC retreat!

Below is a handy guide to help you get thinking about what kind of session you'd like to run.

### **Thinking about your topic:**

Below are a few questions which may help you to think about what you could cover during your session:

- Is there a topic that you feel is not talked about enough?
- Is there a topic that is often misconstrued (too much "fake news" surrounding it) and it needs to be understood properly?
- Is there a topic that's often thought/talked about, but in the wrong way?
- Is there a topic you want to get other people's opinions about? You don't need to be an expert in the area, you may be interested in other's thoughts?
- Is there a personal experience you've had which has shaped your opinions on work life?

If yes, then that could be the focus of your session!

### **Structuring your session:**

There are numerous ways that you could lead and structure your session. Below are just a few possibilities:

<b>Structure type</b>	<b>Details</b>
<b>Talk/Lecture Style</b>	<p>We can all gather round and listen to you speak about a subject for some time, and then end with a Q+A</p> <ul style="list-style-type: none"><li>• Ability to present large amounts of information</li><li>• Doesn't require a huge amount from your audience</li></ul> <p>Things to consider: information tends to be retained less easily when received passively.</p>
<b>Discussion Style</b>	<p>You will set the tone of the conversation and decide the topic, but everyone is welcome to add their point of view</p> <ul style="list-style-type: none"><li>• Gets maximum participation from everyone in the room</li><li>• Less pressure on the person leading the session (but will need to feel comfortable with chairing and summarising points)</li></ul> <p>Things to consider: how to frame your question to get maximum, but focused/ relevant, input.</p>
<b>Workshop Style</b>	<p>You can lead your audience through a series of games / exercises. E.g. you can lead a writing workshop, or some kind of collective analysis session.</p> <ul style="list-style-type: none"><li>• This is a great way to create a hands-on experience</li></ul> <p>Things to consider: that people may come with different levels of experience on the thing you are teaching</p>

**Logistics:**

- Friday 28<sup>th</sup> July evening: people will start arriving around 6pm. Friday evening is reserved for social activities and icebreakers.
- Sessions will take place Saturday 29<sup>th</sup> and Sunday 30<sup>th</sup> July

- Each session has been allocated 90 minutes. Please note that this includes moving between sessions and any icebreakers/'getting to know you' activities, so you should plan for a 1hr/1hr15 session (at the most!)
- You should expect to have about ~8-10 people attending your session
- There are only 18 session slots available so not everyone will get to run a session (but most people will) – if you definitely would not like to run a session, let us know.
- Think about any aids you might need (access to audio/visuals, handouts, PowerPoints etc.) and let us know. We can accommodate most reasonable demands, and these details will be confirmed for you as the event gets nearer.

Each attendee will be buddied up with a member of the YDWC retreat team, so that you can talk about your ideas for your session (and the retreat in general). You should expect a phone call soon from a member of the YDWC exec team to talk through your initial ideas for a session, and that same person will be in touch a few times before the retreat itself happens. We hope you will find the process useful!

We are here to support you and answer any questions you might have.

Onwards and upwards!

The YDWC Team