

Certificate of Personal Development and Diploma of Professional Development				
Red entries = CPD Communication, Blue entries = CPD Personal Effectiveness, Green entries = CPD Self-Awareness,				
Purple entries = CPD/DPD in Leadership				
The Skills Development Service reserves the right to cancel, postpone or alter the sessions shown but prior advice will be provided appropriately				
Some workshops appear more frequently because they are considered high priority by employers				
				Bookings:
Dealing with Exam Anxieties ONLINE	Tuesday	08/01/19	15:00-16:00	https://www.eventbrite.co.uk/e/dealing-with-exam-anxieties-online-ymdopi-a-phwysau-arholiadau-ar-lein-tickets-48554900013
Mindfulness for exams workshop - ONLINE	Wednesday	09/01/19	13:00-14:00	https://www.eventbrite.co.uk/e/mindfulness-drop-in-exam-stress-workshop-online-gweithdai-ymwybyddiaeth-ofalgar-i-ymdopi-a-strae-n-tickets-48590067199
Coaching Skills	Monday	14/01/2019	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Commercial Awareness	Monday	14/01/2019	1730-1930	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Successful Networking	Tuesday	15/01/2019	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Motivation	Tuesday	15/01/2019	1730-1930	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Mindfulness drop in exam workshop	Wednesday	16/01/19	13:00-14:00	Drop in - no link needed
Mindfulness drop in exam workshop	Wednesday	23/01/19	13:00-14:00	Drop in - no link needed
Motivation	Monday	28/01/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Motivation	Monday	28/01/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Teamwork	Monday	28/01/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Speaking & Presenting	Tuesday	29/01/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Speaking & Presenting	Tuesday	29/01/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/

Teamwork	Wednesday	30/01/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Teamwork (Heath Campus)	Wednesday	30/01/19	1330-1530	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Leadership Styles	Thursday	31/01/2019	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Leadership Styles	Thursday	31/01/2019	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Relaxation	Monday	04/02/19	12:30-13:30	https://www.eventbrite.co.uk/e/relaxation-ymlacio-tickets-49083672586
Time Management	Monday	04/02/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Time Management	Monday	04/02/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Assertiveness	Tuesday	05/02/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Assertiveness	Tuesday	05/02/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Intro to ACT	Wednesday	06/02/19	13:15-14:45	https://www.eventbrite.co.uk/e/intro-to-act-cyflwyniad-i-act-tickets-48554138736
Leadership Styles (Heath Campus)	Wednesday	06/02/19	1330-1530	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Leadership in Difficult Situations	Thursday	07/02/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Leadership in Difficult Situations	Thursday	07/02/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Mood Booster: Managing Low Mood & Depression	Thursday	07/02/19	13:30-15:00	https://www.eventbrite.co.uk/e/mood-booster-managing-low-mood-depression-hwb-ir-hwyliau-rheoli-hwyliau-drwg-ac-iselder-tickets-49082428866
Commercial Awareness	Monday	11/02/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/

Commercial Awareness	Monday	11/02/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Feel Good Factor	Monday	11/02/19	12:30-14:00	https://www.eventbrite.co.uk/e/feel-good-factor-teimlon-dda-tickets-48554253078
Breathe: Managing Anxiety & Stress ONLINE	Tuesday	12/02/19	15:00-16:00	https://www.eventbrite.co.uk/e/breathe-managing-anxiety-and-stress-online-anadlwch-rheoli-gorbryder-a-strae-ar-lein-tickets-48554438633
Business Communication Skills	Monday	12/02/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Business Communication Skills	Tuesday	12/02/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Commercial Awareness	Tuesday	12/02/19	1710-1900	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Leadership In Difficult Situations (Heath Campus)	Wednesday	13/02/19	1330-1530	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Problem Solving	Thursday	14/02/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Problem Solving	Thursday	14/02/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Dealing With Presentation Anxieties	Friday	15/02/19	13:30-14:30	https://www.eventbrite.co.uk/e/dealing-with-presentation-anxieties-delio-a-gorbryder-cyn-rhoi-cyflwyniadau-tickets-48589839518
Successful Networking	Monday	18/02/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Successful Networking	Monday	18/02/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
The Confidence Factor	Monday	18/02/19	12:30-13:30	https://www.eventbrite.co.uk/e/the-confidence-factor-hanfod-hyder-tickets-48554787677
Having Challenging Conversations	Tuesday	19/02/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Having Challenging Conversations	Tuesday	19/02/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/

Problem Solving (Healthcare)	Wednesday	20/02/19	1330-1530	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Teamwork	Thursday	21/02/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Teamwork	Thursday	21/02/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Coaching Skills	Monday	25/02/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Coaching Skills	Monday	25/02/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Listening Skills	Tuesday	26/02/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Listening Skills	Tuesday	26/02/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Problem Solving (Healthcare)	Wednesday	27/02/19	1330-1530	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Leadership Styles	Thursday	28/02/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Leadership Styles	Thursday	28/02/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Motivation	Monday	04/03/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Negotiation Skills	Tuesday	05/03/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Negotiation Skills	Tuesday	05/03/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Intro to ACT	Wednesday	06/03/19	13:15-14:45	https://www.eventbrite.co.uk/e/intro-to-act-cyflwyniad-i-act-tickets-48554171835
Dealing With Perfectionism	Thursday	07/03/19	13:00-15:00	https://www.eventbrite.co.uk/e/dealing-with-perfectionism-delio-a-pherffeithiaeth-tickets-48591459363
Leadership in Difficult Situations	Thursday	07/03/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/

Leadership in Difficult Situations	Thursday	07/03/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Stress Management	Monday	11/03/19	14:00-16:00	https://www.eventbrite.co.uk/e/stress-management-rheoli-straen-tickets-49083825042
Time Management	Monday	11/03/2019	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Managing Procrastination	Tuesday	12/03/19	18:00-20:00	https://www.eventbrite.co.uk/e/managing-procrastination-rheoli-oedi-tickets-48591507507
Sales Skills	Tuesday	12/03/2019	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Sales Skills	Tuesday	12/03/2019	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Managing Anger & Communicating Effectively	Wednesday	13/03/19	14:30-16:00	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Sleep Well	Wednesday	13/03/19	1300-1400	https://www.eventbrite.co.uk/e/sleep-well-cysgwch-yn-dda-tickets-49082786937
Commercial Awareness	Monday	18/03/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Commercial Awareness	Monday	18/03/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Dealing with Exam Anxieties ONLINE	Tuesday	19/03/19	15:00-16:00	https://www.eventbrite.co.uk/e/dealing-with-exam-anxieties-online-ymdopi-a-phwysau-arholiadau-ar-lein-tickets-48555172829
Speaking & Presenting	Tuesday	19/03/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Speaking & Presenting	Tuesday	19/03/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Problem Solving	Thursday	21/03/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Problem Solving	Thursday	21/03/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Relaxation	Monday	25/03/19	12:30-13:30	https://www.eventbrite.co.uk/e/relaxation-ymlacio-tickets-49083739787

Successful Networking	Monday	25/03/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Successful Networking	Monday	25/03/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Assertiveness	Tuesday	26/03/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Interview Techniques	Tuesday	26/03/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Teamwork	Thursday	28/03/19	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Teamwork	Thursday	28/03/19	1800-2000	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Feel Good Factor	Monday	01/04/19	12:30-14:00	https://www.eventbrite.co.uk/e/feel-good-factor-teimlon-dda-tickets-48554294201
Breathe: Managing Anxiety & Stress	Monday	08/04/19	12:30-14:00	https://www.eventbrite.co.uk/e/breathe-managing-anxiety-and-stress-anadlwch-rheoli-gorbryder-a-straeen-tickets-48554324291
Intro to ACT	Wednesday	10/04/19	13:15-14:45	https://www.eventbrite.co.uk/e/intro-to-act-cyflwyniad-i-act-tickets-48554193901
Diploma Award Reflection & Articulation Session	Thursday	11/04/19	18:00-19:00	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Mood Booster: Managing Low Mood & Depression	Thursday	11/04/19	15:00-16:30	https://www.eventbrite.co.uk/e/mood-booster-managing-low-mood-depression-hwb-ir-hwyliau-rheoli-hwyliau-drwg-ac-iselder-tickets-49082452938
Leadership Styles	Monday	15/04/2019	1030-1230	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Leadership In Difficult Situations	Monday	15/04/2019	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Teamwork	Tuesday	16/04/2019	1030-1230	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/
Problem Solving	Tuesday	16/04/2019	1400-1600	https://www.cardiffstudents.com/jobs-skills/skills-development-service/signing-up/

Team Briefings	Any day	Any date	Anytime	Training.cardiffstudents.com If unable to access please email Steelej@cf.ac.uk with your ID number.
----------------	---------	----------	---------	---