

The Virtual Mini-Residential Sep 28-29th 2020

Session Descriptions and Faculty Details

Our work together will include the following: large group presentations and discussions: breakout room discussions in small groups or pairs; and solo exercises. Further readings, references and slides will also be available via the CM Teams Channel following each session.

Monday Sep 28

10-11.15am FOUNDATIONS, Dr Alison Wood

This session sets the scene for core Changemaker skills: Self-Knowledge/Self-Leadership; Deep Listening; Tools for High-Performance; Precise Observation; & Dialogue. The session will connect our personal work to the societal - from understanding our motivations and strengths, to theories of change and methods for creating sustainable, impactful actions.

11.15-11.30 Break

11.30-1pm SELF-KNOWLEDGE, Dr Maya Spanu

Understanding oneself is key to a successful Changemaker skillset. Self-awareness is the first step to build resilience, to gain clarity and direction whilst allowing us to get a deeper understanding of how we wish to bring social change. This session will be aimed at identifying and exploring through a number of different exercises our respective drivers and values. *As this is a hands-on session, please come to the zoom meeting with some paper (white and large, if at all possible), a couple of pencils (normal or coloured if you have any, but no problem if not) and an eraser.*

1-5pm - offline. A break, reflection and reading, a coaching circle discussion

5-6pm DEEP LISTENING & FIERCE CONVERSATIONS

Senior leaders cite profound listening as the most important element for people to develop if they wish to build influence. How much time in a conversation should you aim to be listening? What do you do when you listen? Why is listening so powerful?

Listening is the first major step towards true changemaking, collaboration, and sustainable vision. Equally, listening is part of conversations that move things on, that build trust and connection, that solve things, that talk about the things that really matter.

This is a practical session for applying useful listening skills and building skills in fierce conversations (fierce as in bold, not fierce as in angry).

7.30-9pm FILM SCREENING & DISCUSSION led by Dr Maja Spanu

Tuesday Sep 29**10am-11.15am PRECISE OBSERVATIONS and SYSTEMS-THINKING, Dr Alison Wood**

Innovators, inspirers, doers, & entrepreneurs need to know the landscape before acting. This session introduces techniques for asking better questions, making more precise observations, and checking our assumptions. It will also offer a short introduction to applying those skills to a systems-thinking context.

11.15am Break

11.30am-1pm ACCELERATING HIGH PERFORMANCE or, Getting Stuff Done, Evelyn Gilbert-Bair

This session will address the question of how you translate motivation into productivity. Many people assume that motivation automatically transforms into productivity and that, in turn, a lack of productivity is due to a lack of motivation or discipline. This workshop will discuss the growing body of evidence that productivity is a skill in and of itself that can be learned and improved, separable from motivation or discipline. We will look at 3 tools that can be used separately or together to improve productivity skills: the Getting Things Done workflow management process (David Allen); Pomodoro Technique (Francesco Cirillo); and Habit Hacking (The Power of Habit by Charles Duhigg; Atomic Habits by James Clear). There will be short tasks on each to give a better sense of their application, and a case study of how they can be used together.

1-5 Offline - Break. Self-reflection, coaching circles

5-6pm. SUMMATION

Reflecting on the Learning

Afterward: Teams Channel, CM online resources, Wiki, Readings available for the rest of the academic year

BIOGRAPHIES of FACULTY

Ms Evelyn Gilbert-Bair

Evelyn worked as Head of US and International University Applications for Sevenoaks School, Kent, UK from 2018 -2020. In her first year, she increased placements into the top 15 US Universities (as rated by US News & World Report) from 13 to 32 offers. During her tenure, she also built relationships with a wide range of schools, including Ivies, Little Ivies, and Public Ivies, and brought 22 of these schools onto campus to meet with students. She also increased school support to include comprehensive application workshops, interview preparation, on-campus SAT prep classes, and group "Write Nights" to increase team spirit and morale. Most importantly, Evelyn focused on individual discussions with students and, incorporating learning from Executive Coaching and Positive Psychology, worked to help students conceive of university as part of a larger personal vision for leading a meaningful life. During her tenure, Sevenoaks program grew from 38 to 72 US applicants. Evelyn now continues as a consultant at Sevenoaks School, and is focusing her private work on utilizing the US University Admissions process as a vehicle for meaningful personal and professional development. In particular, she has been working on utilizing productivity tools to help students translate vision into action.

Evelyn Gilbert-Bair has a BA from Yale (cum laude), a JD from the University of Michigan Law School, and an MSc from King's College London in the Psychology and Neuroscience of Mental Health (Distinction; *Student Representation Recognition Award for "outstanding contribution in shaping education and the student experience"*). She is currently working on a Master's in Psychology and Education at the University of Cambridge. Her previous professional experiences include law, marketing, and development. She also served as an intern at the United Nations in Geneva, Switzerland. Having spent her first five years in Seoul, Korea, Evelyn grew up primarily in the US, and has lived in a number of states including New York, Georgia, and Hawaii. She is now an American expat and has spent the past 14 years living in Hong Kong, Tokyo, and London.

Dr Soraya Jones, Programme Lead

Soraya Jones is the Programme Lead for the ambitious and innovative Homerton Changemakers Programme. After many years as part of the senior leadership team of Tribal Technology (part of Tribal Group Plc), Soraya became the first CEO of Cambridge Wireless (CW) from 2007 to 2015, where she was successful in growing the business from a one-person company to a membership cluster of over 425 companies and 20 industry-focused Special Interest Groups Forums, making it one of the premier tech clusters in the UK. She stepped down in 2015 to pursue other ventures including becoming an entrepreneur-in-residence at St. John's Innovation Centre and setting up her own consultancy business. She is also on the board of UEA Innovation Advisory board and is also the InnovateUK Ambassador for Women in Innovation. Born in Malaysia, Soraya holds BSc and MSc degrees from Indiana University, USA, and a PhD from the University of Cambridge (Education). She is driven by her passion to promote innovation and entrepreneurship, especially amongst the next generation.

Dr Maja Spanu

Maja works at the intersection of academia, creativity, and policy. She is a Research Fellow in International Relations at Homerton College and Affiliated Lecturer at the Department of Politics and International Studies in Cambridge. She is also a professional trainer for Cambridge's Public Engagement Unit. Over the years, Maja has been involved in many creative projects – from co-directing an initiative promoting international justice through the arts to currently doing her own film and podcast series on the consequences of wars in the former Yugoslavia. Maja is passionate about making a positive impact on society. She thinks that academic knowledge and expertise should not be kept within universities but can be used to foster social change. She is currently setting up her new social venture which will connect researchers with professionals from the public and private sectors, supporting specifically the inclusion of women, sexual and ethnic minorities. Maja loves cinema, travelling and discovering new food. In her spare time, she practices boxing and yoga.

Dr Alison Wood, Director Homerton Changemakers

Alison directs Homerton's pioneering programme on whole-person education, combining two decades of experience building cross-sector and cross-disciplinary initiatives (from healthy ageing to nineteenth-century studies to research leadership) with a research career in the history of intellectual institutions and universities. She recently led a British Academy Network on 'Critical University Studies' and is now working with colleagues - in the US, Germany, Italy, South Africa, and India - on the relationship between the future of higher education and sustainability; on scenario planning for the future university; and the future educated self.

Before joining Homerton Alison was the Mellon/Newton Interdisciplinary Post-Doctoral Research Fellow at CRASSH (Centre for Research in Arts, Social Sciences and Humanities) at the University of Cambridge (2013-2018); and a Research Associate in the Faculties of English and Divinity, also at Cambridge (2011-2013). She holds a BA and MA (Res) in English from the University of Adelaide, and a PhD from King's College London. She's worked in 7 different disciplines, including medicine; spent 10 years as a musician and music teacher; and has long-standing interests in psychotherapy, performance, leadership, meaningful work, and institutional reform.