

Becoming Me Information Pack

Vision

Becoming Me helps delegates to understand and embrace who they are, flourish in their work and thrive in making a difference. For businesses, *Becoming Me* enhances employee engagement, talent retention and attraction, leadership skills, and adaptability to change. We emphasise diversity and inclusion, ensuring everyone feels valued, supported, and empowered to make their unique contribution to the business, helping to enhance commitment, drive performance, and build innovation.

Becoming Me focuses on personal development; on power skills such as emotional intelligence, not the specific skills needed for a particular job; *Becoming Me* is a coaching not a training programme.

Objectives

During the six main sessions of *Becoming Me*, delegates will:

- Build self-awareness of strengths, weaknesses, motivations, and behavioural drivers.
- Understand the importance of emotional intelligence in the workplace and your personal life.
- Appreciate how behaviours can influence your performance and your interactions with others.
- Access practical models, tools, and techniques to enhance your contribution in the workplace.
- Build emotional intelligence in self-awareness, confidence, resilience and affirming behaviours.
- Take greater responsibility for your own personal growth and career development.

Delivery Style

A live, interactive, engaging programme of personal development delivered through Teams using videos, case studies, podcasts, breakout groups and Q&A, with content illustrated from real life situations and experiences in industry, academia, and government.

Delegates receive a learning journal in which to record their personal observations, key learning points and as a record of their progress and development. An on-line resources folder contains all course material and recommendations for further reading.

Structure

Introduction: If you are successful in securing a place you will be invited to an introductory workshop on Thursday 14 September 10:00-12:00 on Teams.

Programme structure: six sessions over 12 weeks (see sessions and dates in table below).

Course work: Exercises will be completed during and between sessions to reinforce learning and encourage action. Podcasts illustrate real-life experiences relevant to the programme content.

Journal: Delegates will be sent a journal containing the course material and are encouraged to maintain this to record their observations, key learning and as a record of their progress.

Mentor: Delegates will discuss learning, key actions, and progress with their mentor between sessions. We prefer delegates to appoint their own mentor but provide guidance for both mentors and mentees. If this isn't possible, we will provide a mentor from the Nuclear Institute.

Eligibility: Applicants must be members of the Nuclear Institute and meet the requirements of the Young Generation Network (i.e. under 37 years). Nuclear Institute members new to the industry (0-3 years) are also welcome to apply.

Becoming Me Sessions and Dates

Find out more Thu 13 Jul, 27 Jul, 10 Aug 12:15-13:00	Provides an overview of <i>Becoming Me</i> and an opportunity for Q&A with Prof. Andrew Sherry including details on how to apply.
Introductory workshop Wed 13 Sep 10:00-12:00	Understand <i>Becoming Me</i> and how it supports our career journey. Reflect on our career journey and the value of emotional intelligence.

1. Why Me? Thu 21 Sep 10:00-12:00	Develop an appreciation of our strengths and weaknesses. Explore our self-awareness and how others see us.
2. Why Work? Thu 5 Oct 10:00-12:00	Consider our motivations to work and the actions that help us to flourish in our job. Explore our emotional self-management.
3. What About Others? Thu 19 Oct 10:00-12:00	Improve our understanding and approach to engaging others at work. Explore the feelings and emotions expressed by others.
4. What About the Workplace? Thu 2 Nov 10:00-12:00	Reflect on the workplace culture, values and behaviours and our personal values. Explore emotions and behaviours in the workplace.
5. How to Grow? Thu 16 Nov 10:00-12:00	Consider how we mature, including stepping outside our comfort zone. Considers how to develop our emotional resilience.
6. How to Progress? Thu 30 Nov 10:00-12:00	Identify positive steps to progress our career and benefit our employer through a structured Forward Action Plan.
Impact Session Wed 6 Dec 10:00-11:00	Allow delegates to share their perspective, development, and impact of <i>Becoming Me</i> . Includes delegates, mentors, and line managers.

Resources

An on-line resources folder will also be made available containing information from the sessions and recommendations for additional reading.

Outcome

Delegates will develop a Personal Action Plan based on their *Becoming Me* journey to help them take positive action for their career journey and deliver greater impact for their organisation.

Find out more. Attend a Teams briefing session on **Thu 13, 27 July, or 10 Aug 12:15-13:00** for overview of the course with the opportunity for Q&A with Prof. Andrew Sherry, the programme leader. Request an invitation from comms.ygn@nuclearinst.com. This is open to delegates, line-managers, and mentors.

Cost. The cost is **£750** per delegate payable to the Nuclear Institute. Company sponsorship offers a reduced rate with additional benefits. A small number of free places are available for special cases.

Apply. Submit a 200-word summary of why you would like a place and confirming line- manager approval, NI membership, and funding to comms.ygn@nuclearinst.com by **31 August 2023**.

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