

## Reviewing your Career Options: a workshop for women returning to work in TV

### Dates & Venues

ITF short courses are run at venues around the U.K. For dates and locations visit the website or email [bookings@indietrainingfund.com](mailto:bookings@indietrainingfund.com)  
All venues have disabled access

### Times

Register from: 9.45am  
Session: 10am-4.00pm

### Max. attendees 10

Maximum of two delegates per company.

### Eligibility

ITF courses in London are open to ITF members, Pact members and freelance industry professionals with two years proven work experience. ITF courses supported by additional funding from national and regional agencies are open to industry professionals from the relevant region. Please note our courses are not suitable for students or new entrants.

### Booking

To find dates, check availability & book visit [indietrainingfund.com](http://indietrainingfund.com) or contact: [bookings@indietrainingfund.com](mailto:bookings@indietrainingfund.com)

### More info

\*Find out more about the ITF and how to become a member: [indietrainingfund.com](http://indietrainingfund.com)

**This innovative and extremely practical workshop will offer a unique opportunity to take stock, to assess your professional skills and experience objectively, and to decide the best course of action. It will ask what you want from the next phase of your life, and what you want longer term. This may be to resume your pre-motherhood career, update your skills, move to a new organisation, change your role temporarily or permanently, or re-negotiate your present job.**

### Content:

The workshop will include:

- A career audit: careers should be seen in phases - what you do next doesn't have to be forever
- Life/work balance – thinking strategically about your career
- First steps back to the workplace
- Managing stress
- CV clinic
- Basic assertiveness skills to boost confidence
- Managing upwards – negotiating new terms with your boss
- Networking tips
- The nature of the media industry means that networking and keeping up your contacts are very important so we will look at ways that you can do this from home, using professional organisations, social media, communities of interest etc

### Who's it for?

Women working in TV who have taken a career break for maternity or other reasons, or are about to do so.

### Pre-requisites:

Candidates must have relevant professional media production experience so attach your updated CV and credits and a cover note explaining why you need to attend this workshop.

### The workshop leader:

**Sue Ahern**, Creative People: Sue worked for the BBC as a producer in network radio and TV production, becoming Senior Training Manager for Radio, responsible for the management and design of journalistic, technical and creative training. After the BBC she worked in independent TV and radio, advertising, press and other media related businesses. Sue joined Creative People in 1995. She specialises in helping individuals to realise their potential.

**or Helen Black**: MBE, MBA, FCIPD, Managing Director of Creative People which recruits, trains and coaches people in the broadcasting business. Previously Helen was HR Director for Pearson TV, and controller of Personnel for LWT. [www.creativepeople.tv](http://www.creativepeople.tv)

### What the delegates say:

'The trainer Sue inspired me and enabled me to turn my thinking round to begin thinking more positively, enabling me to understand what I could do, more than what I can't'. Freelancer, Jo Singleton.

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*This course was devised in partnership with Pact, and is supported by Skillset's TV Skills Fund*