

GETTING THE MOST FROM THE CONFERENCE

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WHY ARE YOU HERE?

- There are many different motivations.
- Personal to you.
- We all want to take something from this week. But what???

PRE CONFERENCE TASKS

How many of you did them??

- If not, why not?
- Could you have researched how other people see you?
→ Out of comfort zone.
- Can you be honest with yourself?
Can you see your weaknesses? If so what can you do to remedy them?
Can you see your strengths – do you question those strengths?
- Can you be objective in the face of outside stimulus?





THIS CONFERENCE IS A GREAT OPPORTUNITY

→ *How do I maximise the value?*

- Forget you are here with friends / colleagues (if you are)
- Meet with and talk to as many people that you possibly can
- Have an open mind. Let yourself discover new ideas

- Think about why - not just what.
You are asked to do things for a reason – consider what that reason is.
- Be considerate of others, and **LISTEN** – not just talk
- Contextualise activities in your mind





RESPECT YOUR

- Fellow delegates
- Speakers
- Staff and
- Others

The conference rules are based on respect for others and for yourself.

- OPEN MIND
- GOOD ATTITUDE
- THINK
- REFLECT
- ENJOY

