

# ONE CITY

ALL STAFF, STUDENT & STAKEHOLDER EVENT

INSPIRATION,  
EXCELLENCE &  
INNOVATION

20 JUNE 2017



**CITY** OF GLASGOW  
COLLEGE

# PROGRAMME OF EVENTS

AT CITY CAMPUS

Facilitator	Twitter Contact	Workshop Title	Workshop Description	Location Venue	Timings*
Brian Pearson, Rachel Pooley and Stephen Smith - COGC		<b>The Careers Team at City</b>	Find out about all the support on offer for both Staff and Students from the Careers Team. From pre-entry to post-exit the Careers Team are here for students on every step of their journey. Come along to find out what we offer and how we can support you and your students.	3.085	930
Capt. Duncan Bruce - COGC		<b>Distance on the Horizon</b>	An overview of CoGC's first HND delivered by distance learning to students around the globe. The session will look at the practicalities of setting up and running a distance learning program as well as exploring opportunities in this growing sector.	1.036	930
Chris Palmer -COGC	@chris.palmer91	<b>VR 101: A new Realm of Possibilities</b>	Virtual Reality is a new craze right? In this session you will be taken through the history of Virtual Reality, from where it all began to where we are now. Opening up your eyes to the possibilities of using VR in the classroom with a hands on session.	3.093	930
Claire Roberts - COGC Library		<b>Open day at the Library</b>	Micro sessions on the range of Library services available to staff and students: how we can support you in your teaching requirements. Drop in, speak to staff, and see what we're up to!	3.111	930
Construction Team, BEE - COGC		<b>Have a go at bricklaying</b>	Ever thought of doing some building work for yourself but not had the confidence? Come and have a go and see if you have what it takes to build your own home or even that new garden wall. Be prepared to get your hands dirty.	1.148	930
Construction Team, BEE - COGC		<b>Have a go at decorative painting techniques</b>	Show your creative side with stenciling, wood graining and even marble effects. Aprons will be provided but be prepared for the odd splash of colour.	1.157	930
Fiona Balloch -COGC		<b>"Service Learning", "Social Justice Model" and "Problematising"</b>	<ul style="list-style-type: none"> <li>- Making yourself useful to underserved communities</li> <li>- A form of experiential education/ project based learning, where students achieve their qualifications through achieving real objectives for and with the wider community.</li> <li>- Linked to "Social Justice Model" - Students' critical consciousness of their place in society.</li> <li>- Uses "Problematising" techniques' developing critical thinking process.</li> </ul>	3.083	930
James Wilson & Rachel Pooley - COGC		<b>John Mather Trust Enterprise Competiton</b>	The positive power of enterprise: how to help your students succeed in life, competition and business following two years of the John Mather Trust Enterprise Competition.	3.092	930
John Casey - COGC Library and Learning Technology		<b>ClipperTube</b>	A hands on workshop exploring an online media annotation service that enables users to create, annotate, organise and share 'virtual' clips from online audio and video collections. With discussions about possible uses and new features. ClipperTube has been developed by the College and the Open University, for more information please see <a href="http://blog.clippertube.com/">http://blog.clippertube.com/</a>	4.048	930
Lisa Hardy - COGC		<b>Supporting Our Care Experienced Young People- Our Duties as Corporate Parents</b>	The Children and Young People Act 2014 has passed new legislation relating to Care Leavers in Scotland. Under the Act, Post-16 Education Bodies are considered to be 'corporate parents' from 1 April 2015. This seminar will look at our duties in relation to our Care Experienced Young People and outline our Action Plan for the next two years.	3.095	930
Margaret Aitken - COGC		<b>Now We're Talking</b>	Languages taster session. Languages learning is fun! Come and try a new language and find out how easy and enjoyable it can be. The languages section can help support languages learning for student and staff mobility. Adding a language to the curriculum enhances the employability of our students. There are also proven cognitive benefits to language learning.	5.009	930
Natasha Lawton - CoGC Student		<b>Glasgow Coach of the Year 2016</b>	Currently a student at City of Glasgow College, Natasha is also a volunteer coach at the Glasgow Kayak Club Sprint and Marathon Team which she joined whilst still at school. In a David vs Goliath story Natasha beat head coach of the Glasgow Warriors rugby team, Gregor Townsend to take the title and received her award at the Sports person of the Year ceremony held at Glasgow City Chambers on 17th February 2017.	4.089	930
Organisational Development team & the student placements	@COGC	<b>Promoting Partnerships and Placements</b>	The Organisational Development team invite you to join our interactive session to discuss the benefits of hosting student placements and developing external partnerships with other education providers and businesses. This session focuses on the experiences of three successful placements with Human Resource students from Glasgow Caledonian University and showcases their positive impact on delivering key work objectives.	4.074	930
Ross Anderson - Motivational Dude	@motiv8ionaldude	<b>60 Minutes To Change Your Game For Good</b>	I once lived a highly toxic lifestyle, which left me facing numerous trying and challenging situations. Such events seemed to multiply and over time the accumulation of negativity, failure, pain and a lack of direction caused me to ask myself: "Is this it? Is this my life?" This workshop will cover how to get into state, personal responsibility, belief systems, goal setting, motivation and focus, taking more action, procrastination and habits. I will also mention aspects of my story.	3.099	930
Selinca McCrae - COGC	@COGC	<b>City of Glasgow College Cake Boss</b>	Have a go at decorating your own cake with sugar craft.	1.098	930
Student Services	@COGC	<b>Student services - how we can help</b>	At City the student experience is at the core of everything we do and our professional and dedicated Student Services Team offer a wide range of support. At the One City Event the recruitment/ admission and student funding section will discuss the work they do and what they can offer to other departments in the College.	3.100	930
Worldskills Team including Competitors, Alumni, Trainers and Industry Experts - CoGC Worldskills		<b>Using WorldSkills to Deliver City Learning 4.0!</b>	Innovative models of pedagogy will be showcased supporting the objectives of City Learning 4.	4.092	930
Roy Gardner	@COGC	<b>City of Glasgow College - Around the world and back again</b>	This session will provide participants with insights into the College's International footprint and associated activity. Information on the range of work the College does, where it is active and where next. Back by popular demand - Roy Gardner will provide insights into the College's International reach and share information on the range of International developments the College is engaged in. There will be numerous case examples discussed and suggestions on how others can get involved to help strengthen existing partnerships and develop new opportunities.	03.104	930
Gillian Plunkett, Jill Weatherill & Eddie Carr & Lee Ballantyne	@COGC	<b>Planning the Student Experience</b>	In this interactive workshop Gillian Plunkett - Director of Student Experience and Jill Weatherill - Faculty Director Leisure and Lifestyle will introduce the College Student Experience Strategy and describe the drivers behind its inception, discuss its key component parts and plans for how it will be embedded and measured for impact. Within the session Eddie Carr - Curriculum Head/Faculty Director and Lee Ballantyne - Head of Libraries and Learning Technology will also discuss City Learning 4.0 the College Learning and Teaching Model. This is currently being revised and updated and participants will be invited to contribute toward its next stage of development.	v3.005	930



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Aidan Kearney - Chimp Management	@ChimpManagement	<b>The Chimp Paradox</b>	We view the human mind as a remarkable machine representing our greatest asset and our biggest liability in life. We work with how the mind operates in reality, not how most people think it works. This engaging workshop will introduce you to the Chimp model, praised by Ronnie O'Sullivan and Sir Chris Hoy, which you can use to understand and manage your machine for optimal outcomes.	3.104	1145
Andrew Jenkins - PDX Consulting	@PDXConsulting	<b>The neurology of Success - Leadership development from the inside out</b>	Exploring the factors behind what makes successful people successful. What's their secret, is there a formula to success and if so can anyone model it? This article unpacks easy practical ways for you to plan ahead so you can practise gaining access to your own brain's pre-coded success neurology. Drawing from his work with leadership teams, Andrew will explain what he believes holds-back high performance, and how building skills around emotional intelligence will create success.	4.074	1145
Andy Pollock - COGC		<b>Plaster Moulds</b>	Create and Produce plaster cast moulds.	1.148	1145
Cabaret of Dangerous Ideas - Fair Play		<b>Are Aliens Coming to Eat Your Face?</b>	From the science of sterilising spacecraft to the evolution of big flappy mouths, astrobiologist Dr. Adam Stevens will lead us on a tour of what we know about life in the universe. By examining life on Earth we can start to answer a myriad of questions. Is there life elsewhere? What does it look like? If it exists, is it coming to try and eat our faces off? And what if human beings are more dangerous to the rest of the universe than it is to us?	4.060	1145
Daniel Gray - Writer and Peoples Historian	@D_Gray_Writer	<b>Stories from our Streets</b>	In an engaging, impassioned session, writer and STV historian Daniel Gray brings us stories of our people and places, the history the books do not write about. From John MacLean and Glaswegian International Brigaders, to footballing yarns and travel writing, Daniel performs pieces from his books and TV work, and talks about how to write non-fiction.	3.005	1145
David Pitt-Fox - Wild Fox Events	@WildFoxEvents	<b>7 Golden Nuggets and the Principles of Success</b>	Based on the success story of Wild Fox Events, the UK's original adventure challenge company: The last 20 years have been the most inspiring of David's life. He has met and worked with hundreds of dedicated and special people, and in the process raised over £40 million for charity through a number extreme ultra-marathons and triathlon races such as the D-Day 44 Challenge, the Rob Roy Challenge and the Etape Royale. Many insights and principles of success have been nurtured on this journey and he is keen to share these with the wider world to help others develop whatever it is that inspires them.	4.088	1145
David Price OBE	@DavidPriceOBE	<b>Education: Fit for the future</b>	This talk, and hands-on session, asks why successive government policies have built an education system that's still preparing our students for a world that no longer exists, examines the future of work, and then invites attendees to collectively problem-solve what 'an education worth having' would look like. It's easy to be pessimistic about the future - especially with our current political uncertainties - but the recent election has shown that young people care deeply about fixing the world - so how do we help them do it? Bring your ideas, concerns and your sense of humour!	3.083	1145
David Scott - Rambutan	@RambutanBunch	<b>How To Gobsmack Your Audience</b>	A high-energy look at how brilliant speakers wow audiences. Not for the faint-hearted, this masterclass will require participation and attendees to laugh at the facilitator's jokes. David has been coaching, training and speech writing for his entire career and promises an eventful and entertaining session full of great, practical tips.	4.044	1145
Diane Watters - Historic Environment Scotland	@histenvscot	<b>Our Modern Movement Heritage: Cardross Seminary and Cumbernauld New Town</b>	The session will tell the extraordinary story of today's most enduring symbols of Scottish post-war architecture: St Peter's Cardross, is probably the most celebrated post-war building in Scotland today, whilst Cumbernauld has, by contrast, earned a notorious reputation as one of Scotland's most hated products. It will examine why our Modern Movement heritage remains a contentious issue today.	3.100	1145
Dr Eirini Daskalaki - University of Glasgow		<b>Embracing Diversity within the United Kingdom: Intercultural Competence Skills in the Hospitality Industry</b>	Intercultural communication concerns amongst front line staff in the services sector has a proven detrimental effect on: customer retention levels, employee (dis)engagement, and an organisations profit. This presentation is based on the findings of a recent Doctoral study conducted with eight global hotel giants in the UK. The workshop aims to inform the audience of customer service skills hotel staff lack from an intercultural aspect, and is designed to enable the group to better understand how better intercultural communication can positively impact an organisation.	4.087	1145
Dr Elin Haf Davies - Aparito	@Elinhafdavies	<b>Rowing for Therapy</b>	Elin will account her experience of completing a hat-trick of oceans in rowing across the Atlantic and the Indian Ocean, while sailing across the Pacific Ocean. Spending more than 200 days at sea and raising more than £300,000 for charities close to her heart. Elin was part of the first all female crew to ever row across the Indian Ocean, securing a place in the 2011 Guinness Book of Records.	3.101	1145
Dr Kate Stone - Novalia	@Drkatestone	<b>Making Paper Interactive</b>	I love paper, and I love technology," says physicist and former sheep herder Kate Stone, who's spent the past decade working to unite the two. Her experiments combine regular paper with conductive inks and tiny circuit boards to offer a unique, magical experience. In this interactive workshop Kate will demonstrate her most recent client collaborations such as McTrax, Pizza Hut, Mirinda and Google. Participants will also get the opportunity to build interactive print based experiences. Click here <a href="https://www.youtube.com/watch?v=y9wzax_Ptlo">https://www.youtube.com/watch?v=y9wzax_Ptlo</a>	3.111	1145
Fair Play	@GlasMusicTour	<b>Silver Threads</b>	Silver Threads is a quick-fire comedy about love, work and rights, set to the background sound of street protests and the Charleston drum. Based on the Paisley's textiles industry; the play, written by Paisley-born comedian Bruce Morton, celebrates the weavers' victory of 1856 with satire, songs, images and audience involvement to take a wry and riotous look at working practices then and now. The Silver Threads Cast will be comprised of City of Glasgow College Performing Arts Alumni.	TV Studio	1145
Glasgow Music City Tours	@GlasMusicTour	<b>Glasgow's Music Tour</b>	Entertaining and informative guided tour of the Merchant City's musical sites. Walking some of the oldest streets in Glasgow, this tour takes in venerable variety halls, folk hangouts, dive bars and art galleries where everyone from Billy Connolly to Franz Ferdinand cut their teeth.	Meet in Foyer	1145
Graham Spiers & Phil Differ - Fair Play		<b>Game of three halves = Extra time and penalties</b>	Very much like referendums, Differ and Spiers only come around about once in a lifetime... Er, except at "One City" where the ever popular duo return to take a sideways, often irreverent but always thought-provoking look at (some) of the year's sport in Scotland and beyond. Meandering through the well-trodden quagmire of the mainstream sports media Differ and Spiers wrestle with the imponderables, take your questions and ask: What did beating/losing to/being humiliated by England in the World Cup qualifier mean for the nation? Why do Scottish men keep winning at Wimbledon? What are the actual qualifications to become a pundit on SportsScene? And why are Differ and Spiers still not interested in rugby?	Theatre	1145
Ian MacRitchie - MCR Pathways	@MCRPathways	<b>Make a difference – Mentoring Matters</b>	Where only 48.8% of care experienced young people in Glasgow went from school to employment, university or college 2 years ago, for MCR mentored young people in 10 of the city's schools, the results are a transformational 82%. This was also in sharp contrast to a 47.8% level achieved for care experienced in the same schools who were not mentored. The huge difference in mentoring is what is driving MCR Pathways to recruit thousands more volunteers to meet the demand and break the vicious cycle that our most disadvantaged young people experience. Come and hear how it works, the plan and a shared national ambition.	3.107	1145
Jon Gill - Playful Communications	@OnTheSuperFly	<b>Making Movies on Mobiles</b>	A guide to creating video content using mobile devices. Jon Gill is a designer and videographer of more than 20 years, working in Scotland. This workshop demonstrates apps on Apple's iOS platform (iPhone or iPad). However, the principles of film making are universal. In this active and hands-on workshop you will learn tips for capturing and editing, exporting and sharing your videos for home or mobile and web platforms such as Youtube & Twitter. Whether you want to get creative at work or capture the fun on holiday there will be something for you to take away. We will cover topics including; composition, editing and sound and simple effects such as time-lapse. Please bring your own iPhone, touch screen iPod or iPad with applications, iMovie, Action Movie and iMotion installed (available in the Apple Store).	3.083	1145
MakLab	@TheMakLab	<b>Modelling for Product Design</b>	MAKLab will lead participants through a rapid prototyping session, working in groups to develop ideas for hand held products, producing quick sketches and making prototypes to illustrate their vision of the product. Throughout the workshop, MAKLab will also run 3D scanning and 3D printing demonstrations to illustrate how these rapid prototyping exercises are directly applicable to the way in which new products are currently developed in industry.	3.075	1145
Marc Donnelly		<b>CISCO Systems</b>	The Internet of Things (IoT), will change everything—including ourselves. This may seem like a bold statement, but consider the impact the Internet already has had on education, communication, business, science, government, and humanity. Clearly, the Internet is one of the most important and powerful creations in all of human history. IoT is a global industry movement that brings together people, process, data, and things to make networked connections more relevant and valuable than ever before. Today, more than 99 percent of things in the world are not connected. By 2020, it is estimated that 4.5 billion new people and 37 billion new things will have joined the Internet. Understand how in the near future, the growth and convergence of information, people, and things on the Internet will create unprecedented opportunity for countries, industries, and individuals.	3.078	1145
Mary Fraser & Niall Campbell - Knowbetter L & D Ltd		<b>O.W.L. class in Making Difficult Conversations Easier</b>	Does having a difficult conversation make you feel as if you have just had an encounter with Dementors or Death Eaters? Whilst there are no "magic" solutions, this workshop, which uses the TetraMap approach, will give you tools to help, thus changing irritations into valuable insights. Magic wands not needed!	3.106	1145
Michael Gray - Common Space	@GrayInGlasgow	<b>Social Media and Journalism - Understanding the New Media Social Media and Journalism - Understanding the New Media</b>	How the media is created and how we consume it has been transformed in the digital age. How can we make the most of new opportunities from social media? Are there drawbacks to be worried about? Online journalist Michael Gray gives his tips and advice on the world of online new media.	4.090	1145
Miles Duncan - LinkedIn Success Systems	@LinkedInSblue	<b>LinkedIn for College Staff</b>	Learn how to position yourself on LinkedIn – these days your first impression is likely to be online – make it count. Implement connection strategies that build your connections with colleagues, peers, students. Expand your reach, visibility and expertise by implementing simple LinkedIn rituals.	4.050	1145
Robin Sieger - Sieger International Ltd	@RobinSieger	<b>Success - Luck of Design?</b>	Many people think that success in life and business is more a matter of luck than design. Robin Sieger -author of six books, including international best seller Natural Born Winners which sold in over 90 countries, and Performance Expert explores the true facts and principles behind success, happiness and realising our full potential. Robin was one of the first three speakers in the UK to be awarded a fellowship in recognition of his achievements as a speaker, and remains the only British speaker to deliver on the main platform at the Nation Speakers Association in the USA. He was recently appraised the highest rated external speaker by Microsoft with 96% average rating throughout 5 global events.	4.073	1145
Ross Anderson - Motivational Dude	@motiv8ionaldude	<b>Natural Nutrition: Unlock Your Best Self</b>	The session will cover many topics all intended to cultivate your best self through the power of natural nutrition. Specifics that will be covered are raw food, the power of a plant based diet, gut health, touching on intermittent fasting, mental wellness, weight loss, etc. This workshop will be instructional, involve audience participation and be delivered with the perfect balance of silly, serious and science to benefit the audience.	3.099	1145
Sam Garner - Garner Education		<b>Dyslexia – What is it and how can I support it?</b>	A brief overview of what is dyslexia, how to spot it and how to support it in the classroom. This session will provide simple yet practical strategies to support the learning of Dyslexic students. Delegates will also be able to experience what it's like to have Dyslexia and experience the positive differences that can be made.	3.079	1145
Selina Hales - Refuweegee	@Refuweegee	<b>Refuweegee - We're All Fae Somewhere!</b>	Interactive presentation on why and how Refuweegee came about, what we have done so far and what we plan to do in the future. Q&A panel with Refuweegee and their volunteers from the refugee community. Letter writing and engagement with the topic of forcible displacement.	4.089	1145
Stephanie Butland - Indigo Business Services Ltd	@IndigoTraining	<b>Think on Your Feet</b>	Ensure your ideas are understood and remembered with Think on Your Feet, the verbal communication programme that emphasises structure. It provides techniques and strategies that help you to analyse, organise and present your ideas with clarity, brevity and impact. The Think on Your Feet approach emphasises structure when communicating. It ensures your ideas will be understood and remembered. Respond confidently and concisely in all formal, informal and ad-hoc situations, especially when caught on-the-spot or under pressure! Explain complex ideas and handle tough questions by condensing your thoughts, simplifying information and avoiding listener overload.	3.080	1145

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Aidian Kearney - Chimp Management	@ChimpManagement	<b>The Chimp Paradox</b>	We view the human mind as a remarkable machine representing our greatest asset and our biggest liability in life. We work with how the mind operates in reality, not how most people think it works. This engaging workshop will introduce you to the Chimp model, praised by Ronnie O'Sullivan and Sir Chris Hoy, which you can use to understand and manage your machine for optimal outcomes.	3.104	1430
Cabaret of Dangerous Ideas - Fair Pley		<b>The Legal Doping Gameshow</b>	The margins between success and failure in sport can be extremely small. In an age where tiny differences might offer a route to success, where do we draw the line in terms of gaining an advantage? Could some athletes luck-out if a drug they needed for genuine health reasons also happened to help their performance? And should we just limit this to drugs? What about high-performing bionic limbs for an amputee? Is it time to stop regulating by banning? Join Derek for this unique gameshow, where you'll have your say on how we should clean up sport.	4.060	1430
Chris Leslie - Chris Leslie Photography	@Clesliephoto	<b>Disappearing Glasgow</b>	The skyline of Glasgow has been radically transformed as high rise tower blocks have been blown down and bulldozed. 30% of the cities High Rise flats have disappeared since 2006, communities dispersed across the city and the East End has 'been raised from the ashes' via the Commonwealth Games. Does this Disappearing Glasgow herald a renaissance in the city?	4.086	1430
Daniel Gray - Writer and Peoples Historian	@D_Gray_Writer	<b>Stories from our Streets</b>	In an engaging, impassioned session, writer and STV historian Daniel Gray brings us stories of our people and places, the history the books do not write about. From John MacLean and Glaswegian International Brigaders, to footballing yarns and travel writing, Daniel performs pieces from his books and TV work, and talks about how to write non-fiction.	3.005	1430
Dr Elin Haf Davies - Aparito	@Elinhafdavies	<b>Aparito - Wearable tech that saves lives</b>	Elin will explain how her career as a children's nurse propelled her to founding a digital health company Aparito - using wearable devices and smart phone apps to offer remote patients monitoring to paediatrics patients and those living with rare diseases. The wristband records data related to the patient's wellbeing outside of brief hospital assessments, and the app sends the findings to a database where clinical staff can review it in real time.	3.101	1430
Dr Kate Stone - Novalia	@Drkatestone	<b>Making Paper Interactive</b>	I love paper, and I love technology," says physicist and former sheep herder Kate Stone, who's spent the past decade working to unite the two. Her experiments combine regular paper with conductive inks and tiny circuit boards to offer a unique, magical experience. In this interactive workshop Kate will demonstrate her most recent client collaborations such as McTrax, Pizza Hut, Mirinda and Google. Participants will also get the opportunity to build interactive print based experiences. Click here <a href="https://www.youtube.com/watch?v=y9wzax_Ptlo">https://www.youtube.com/watch?v=y9wzax_Ptlo</a>	3.111	1430
Fair Pley		<b>Silver Threads</b>	Silver Threads is a quick-fire comedy about love, work and rights, set to the background sound of street protests and the Charleston drum. Based on the Paisley's textiles industry; the play, written by Paisley-born comedian Bruce Morton, celebrates the weavers' victory of 1856 with satire, songs, images and audience involvement to take a wry and riotous look at working practices then and now. The Silver Threads Cast will be comprised of City of Glasgow College Performing Arts Alumni.	TV Studio	1430
Glasgow Music City Tours	@GlasMusicTour	<b>Glasgow's Music Tour</b>	Entertaining and informative guided tour of the Merchant City's musical sites. Walking some of the oldest streets in Glasgow, this tour takes in venerable variety halls, folk hangouts, dive bars and art galleries where everyone from Billy Connolly to Franz Ferdinand cut their teeth.	Meet in the Foyer	1430
Graham Spiers & Derek Ferguson - Fair Pley		<b>City Talks: Graham Spiers in conversation with Derek Ferguson</b>	With former Rangers, Scotland, and Sunderland and Hearts midfielder Derek Ferguson, Graham Spiers discusses sibling rivalry, life after football, the dangers of live broadcasting and Derek's long-term commitment to and support for Show Racism the Red Card.	Theatre	1430
Julianne Ponan - Creative Nature	@julianneponan	<b>Losses to Profit at 22 years old or How to Launch a product from a kitchen table to a six figure business!</b>	Julianne Ponan knows what it takes to start and run a business. After turning Creative Nature Superfoods into a six-figure company with listings in major retailers at just 22, she is committed to sharing her own struggles and success to motivate and inspire people to start and grown their own business or reach a new goal in life. Julianne will share her top 5 keys to success, how to gain over 50,000 social following and an interactive blue print of how to do a one page business plan! Don't miss out on this interactive workshop, remember the first step is to take ACTION! Join her for this once in a lifetime opportunity.	4.088	1430
MakLab	@TheMakLab	<b>Have a go with Arduino</b>	Arduino is the electronics prototyping platform behind the explosion in recent years in interactive artworks and makers' projects. Every piece of electronics you use on a daily basis has a chip in it, coded with instructions to make it work. An Arduino is a reprogrammable chip that can be connected to a variety of inputs and outputs, giving an insight into how electronics prototyping works. With this workshop you will make your first tentative steps into the world of sketching with hardware, and programming. You will work in pairs with our Arduino Uno kits. A great way to try out Arduino before buying your own board!	3.075	1430
Mary Fraser & Niall Campbell - Knowbetter L & D Ltd		<b>TetraMap your Customer Service Skills!</b>	Do customers baffle you? You know that good customer service inspires customer loyalty but sometimes, just sometimes, it would help if customers were easier to deal with. Tetramap helps you understand your own communication and behavioural preferences and thus help you understand your customers better. Enlightenment promised!	3.106	1430
Michael Gray - Common Space	@GrayInGlasgow	<b>Beyond Brexit: What is Scotland's Future?</b>	With Brexit talks underway, Scotland and the UK face an uncertain political future. What does EU exit mean for our rights, our finances, and our society? With the debate reigniting the issue of Scottish independence, political journalist Michael Gray presents the main talking points set to dominate the lively campaigns over Scotland's future beyond Brexit.	4.090	1430
Miles Duncan - LinkedIn Success Systems	@LinkedInSBlue	<b>LinkedIn for College Students - Develop the right profile to find employers</b>	Your potential employer is on LinkedIn. They use LinkedIn daily to find graduates and will use LinkedIn to screen YOU. Develop a job winning profile on LinkedIn – what you need to have on it that recruiters and employers are really looking for – this alone will differentiate you from everyone else. Learn how to research and target individuals and companies. Develop connection strategies that help open doors and get you in front of the right people.	4.050	1430
Ross Anderson - Motivational Dude	@motiv8ionaldude	<b>Increase The Peace</b>	This workshop will cover techniques you can use to live a more stress free life. The topics discussed will be: anxiety, mental health, stress, sleep, meditation, mindfulness, etc. I will perform a live mediation also.	3.099	1430
Sabirul Islam - The World at Your Feet	@Sabirul_islam	<b>Inspire1Million: Purpose of Existence</b>	Themed on the topics of Inspiration and Innovation, Sabirul will talk about the 7 P's to self fulfilment, empowerment and self discovery. Ensuring everyone defines their purpose of existence and how best to embrace a new career pathway especially through enterprise and entrepreneurship.	4.044	1430
Sam Garner - Garner Education		<b>Preparing SEN students for life after college</b>	This session will look at the differences between college life and the 'real world' and how this impacts SEN students. What can we do to ensure we are preparing SEN students for the real world and not just preparing them for assessments. Simple strategies we put in place in class can make a real difference for preparing students for the working world.	3.079	1430
Stephanie Butland - Indigo Business Services Ltd	@Indigotraining	<b>Lateral Thinking</b>	This is Edward de Bono's internationally acclaimed business creativity and innovation workshop. Creative and innovative thinking is a skill that can be learned; resulting in increased productivity, competitive advantage and profit. Creativity is not just about creating something new, it's a very important tool that helps to define and improve processes and products. This workshop provides tools and techniques that ensure you can: Challenge current thinking, problem solve effectively and efficiently & generate innovative ideas with a creative thinking toolkit.	3.080	1430
Stephen Beadle - Omnia Consultants		<b>Facilities Management in Construction</b>	A presentation that demonstrates how Facilities Management through the medium/s of BIM, BREEAM and Soft Landings can inform a project, guide the procurement and materials assessment through Whole Life performance principles and enable cost efficient Maintenance and services access for all post completion and initial and extended occupancy experience and evaluation.	3.077	1430

# All Day – No bookings required

Facilitator	Twitter Contact	Workshop Title	Workshop Description	Location Venue	Timings*
Alison Bell (Hair) - COGC		<b>All Dolled Up</b>	Pop in and get a make over. Fresh Face Makeup, Eye Lashes, Hairups, and Cut & Blows. Look your best for the photos.	3.039	Drop in between 0900 - 1430
Caroline Greenhall - COGC		<b>The Barbershop</b>	Pop in and get a trim. Ensure you look your best for the photos.	2.065	Drop in between 0900 - 1430
CoGC Students		<b>Complimentary Therapy</b>	Back Due To Popular Demand- Drop in and receive a complimentary massage or nail treatment delivered by the City of Glasgow College students.	Therapy Rooms	Drop in between 0900 - 1430
CoGC Students		<b>Sport, Health and Fitness MOT</b>	Drop in and receive a Sport, Health and Fitness MOT delivered by the City of Glasgow	Main Foyer	Drop in between 0900 - 1430
The Foot and Leg Clinic	@FootandLegClin	<b>Podiatry &amp; Foot Mobilisation</b>	Are your feet sore or tired? Do you need a little bit of time for yourself? Our foot assessments will judge whether you need a podiatry treatment or foot mobilising to renew your feet. Podiatry can consist of working with ingrown toenails, hard skin and corn removal. Our foot mobilisation service allows for the manipulation of joints to allow pain free walking and activity.	Therapy Rooms	Drop in between 0900 - 1430

Please note all rooms are subject to change. Any changes will be communicated via the booking site.

We sincerely hope you benefit from the range of activity that ONE CITY offers.

Your participation and engagement on the day will inspire our next stage of development as a College.

**We hope you enjoy the ONE CITY all staff, student & stakeholder event!**

