

## **Webinars and workshops on professional skills held in 2021**

On 23 February we organised the webinar **Managing uncertainty**.

In this webinar, participants learnt about new skills that they can use to face daily challenges and make decisions in moments of uncertainty. The idea is to see these moments as opportunities for change and for creating new realities that can help us both personally and professionally. The session was given by the trainer Bibiana Villa Nolla (coach specialised in development and happiness in organisations).

On 10 March we held the webinar **Effective communication in video calls**

Often, when we want to communicate, we focus more on the content rather than on how we deliver it. This session dealt with the key elements for communicating using a screen and managing a video conference. The session was given by the trainer Xènia Castelltort Pedragosa (presenter, actress and trainer).

On 24 March we held the webinar **Improve productivity with teleworking**

Aimed at helping students deal with the challenges of an increasingly online world, this webinar provided them with the tools and guidelines they need to improve their productivity in teleworking environments and, in particular, knowledge and skills for teleworking from home. The session was given by URV alumnus Agustí López (marketing, innovation and creativity consultant).

On 15 April we held the webinar **Future 4.0: the new challenges of the labour market**

Nowadays, companies require professionals who are able to face the future challenges of the labour market. In this webinar, participants discovered the skills that companies are looking for in the new working environment. The session was given by Jorgina Martínez Berengué (psychologist, art therapist and human resources consultant).

On 28th April we held the webinar **Blank page syndrome**

Students will acquire techniques that will help them to move from their initial idea to their final presentation effectively and thus make an impact on the audience. This means being able to prepare a well-structured presentation with a clear overarching message. The session was given by the trainer Xènia Castelltort Pedragosa (presenter, actress and trainer).

On 18 May we held the webinar **Agile methodologies: Design Thinking**

Through this session, participants learned about the Design Thinking approach, which consists of a method for generating innovative ideas that focus on understanding the real needs of users and providing them with solutions. Companies such as Apple, Nike, etc. use this method. The session was given by the trainer Bibiana Villa Nolla (coach specialised in development and happiness in organisations).

On 25 May we held the webinar **Conflict management and techniques for resolving them**

The webinar provided students with key tools for preventing, identifying and resolving a conflict from a constructive perspective and using appropriate techniques. The session was given by Jorgina Martínez Berengué (psychologist, art therapist and human resources consultant).

On 10 June we held the webinar **Managing stress: mindfulness**

The participants acquired knowledge that allowed them to improve social skills in order to face critical situations and reduce the level of stress. The current climate of instability and uncertainty generates a lot of stress. Participants therefore delved into techniques that help to eliminate and reduce stress. The session was given by Jorgina Martínez Berengué (psychologist, therapist and human resources consultant).

On 19 October we held the workshop - **Assertiveness and effective communication; the art of persuasion.**

The alumni who took part in the workshop learned how to strengthen and increase their assertiveness and persuasion skills in an experiential way to guarantee success in communication and develop the skills needed for effective communication. The workshop was given by Yolanda Ruiz (URV associate professor and expert in human resources, employment guidance and social psychology).

On 28 October we held the workshop **Self-conceptualisation and personal growth.**

The first step to success in the search for a job is to be very clear about who we are. Having this self-knowledge helps us to approach the job search in the most effective manner. This workshop enabled participants to identify the first step they have to take to grow as a person and boost their self-esteem. The workshop was given by Jorgina Martínez Berengué (psychologist, therapist and human resources consultant).

On 11 November we held the workshop **Development mind-set and critical thinking**.

The alumni who took part learnt the importance of maintaining an attitude of wanting to grow and excel. They were able to develop and increase critical thinking in an experiential way to improve performance, self-esteem and productivity. The workshop was given by Yolanda Ruiz (URV associate professor and expert in human resources, employment guidance and social psychology).

On 17 November we held the workshop **Creative thinking: generating ideas**.

The alumni who took part learnt about the different techniques of creative thinking and idea generation in order to organise and evaluate ideas in the professional sphere. Generating new ideas is not only a question of creativity, it is also about the techniques, the methodology, the environment and the atmosphere in which they are generated. The workshop was given by URV alumnus Agustí López (marketing, innovation and creativity consultant).