

**Report on the
AIREN Project Event
Confidence & Resilience Workshop for Personal & Professional Growth
Held on Wednesday 15th February 2023**

This interactive AIREN Workshop was specially designed for AIREN members in response to ‘imposter syndrome’ and the related challenges research support staff can experience that were discussed and highlighted at the AIREN Conference last September. The Workshop was designed and facilitated by Sarah Travers of Bespoke Communications and it was a unique opportunity to examine life at work.

The workshop covered self-awareness, imposter syndrome, overcoming workplace challenges and tackling difficult conversations and relationships. Sarah used tried and tested coaching techniques to help each of us to identify our strengths, build confidence and resilience and communicate more visibly at work. She also introduced tools needed to build resilience to better manage those challenges, say yes to the opportunities that come our way and maintain positive personal wellbeing in the face of adversity.

The interactive workshop was held on-line over 3.5 hours. Breakout rooms were used during the session which also allowed AIREN members to meet with other to re-ignite the passion for what we each do and explore the challenges we have at work and how they can be overcome.

Workshop sessions included:

- Looking through a different lens - introduction to resilience
- Building confidence and getting used to feeling uncomfortable

Learning outcomes include that by attending participants will:

- Build their self-awareness for professional and personal growth
- Become resourceful in overcoming challenges
- Develop their influencing skills so that their words achieve their goals
- Build confidence to acknowledge and articulate their value

We thank Sarah Travers and all attendees for their contributions to this excellent workshop event.

ⁱ The AIREN Project is being delivered with support from InterTradelreland’s Synergy initiative. Synergy is a cross-border cluster initiative set up by InterTradelreland, the cross-border trade and business development body. It aims to scale cross border collaboration among SMEs and other players such as universities, third sector organisations and government agencies using cluster and networking supports.