

# Running a Virtual Session in a School!

UTC Reading ran their very own virtual My Skills My Life session as part of their International Women’s Day 2021 celebrations. Events Lead, Amy Sutcliffe, tells us all about the session.

## How did you prepare for the session?

I completed the training course set up by WISE, which takes you through the resource and suggests what additional activities you can use to warm up the girls before a role model event. I then attended a virtual My Skills My Life event organised by WISE in April 2020 to see how this could work and to get to know the resource better.



## What was done?

This session had originally been planned for International Women’s Day 2020, with a large event in the Main Hall at UTC Reading with the female students grouped around small tables according to personality type, but this wasn’t to be! Instead I arranged a small classroom session with our female students in Year 10.

In the first half an hour of the My Skills My Life session I spoke to the girls about unconscious bias and did an exercise suggested by WISE. This consisted of drawing shapes with instructions and ended up with a whole number of different interpretations of the instructions, to show that we all think differently.

The girls then had 15 minutes to complete the personality quiz part of My Skills My Life themselves. We used pre-set up logins provided by WISE to use the online platform.

For this session I also reached out to Role Models that I already knew in our Industry Partner community as well as a few from the WISE Role Model network. We had 8 role models, which was a great number. These joined by Zoom link for the latter part of the event. Each role model introduced themselves, spoke about what they do and how they got to where they are today as well as linking their career to the results of their personality quiz results. At the end we had some time for questions.

## Amy’s Top Tips!

Definitely complete the training offered by WISE as this is very helpful for understanding the ideas behind the resource, why it has been developed and how it can be used.

If you have the opportunity to attend a session that someone else is running before your event then I would strongly recommend this too.

