

Lizzie Reid

Unit 1A: Progress and evidence of skills development plan

Promotion online

Deliver talk

Follow up promotion/reflection online

Feedback and conversations online

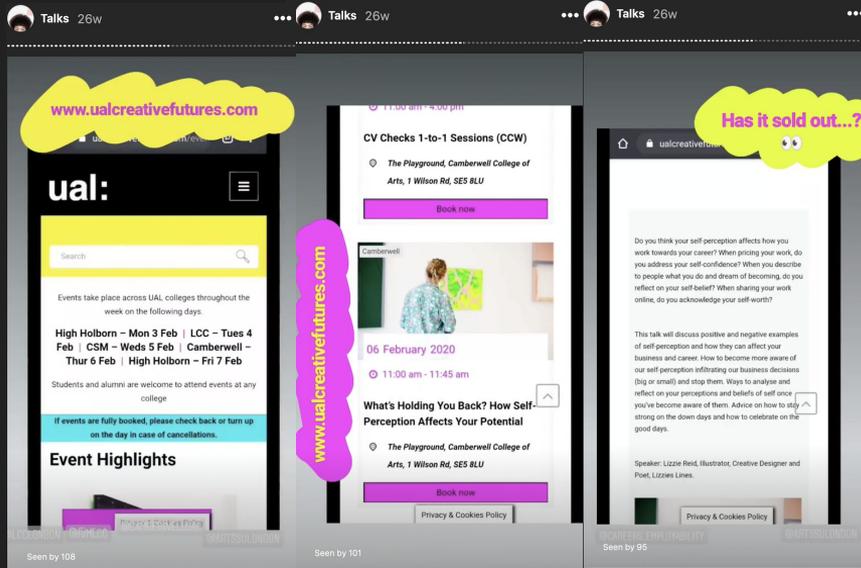
Evaluation

Promote event online

Instagram promotion



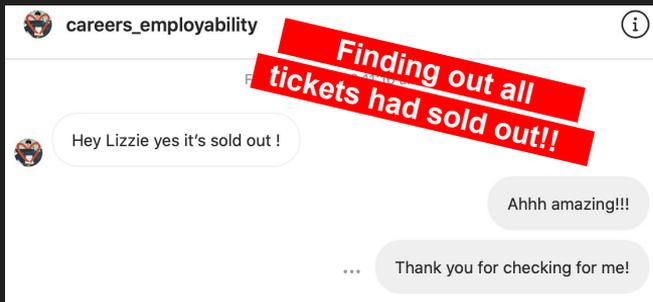
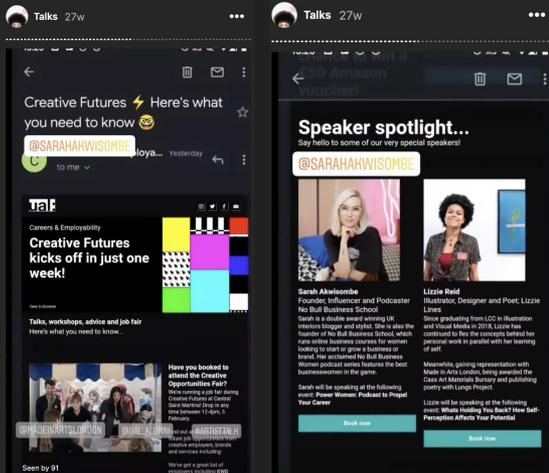
UAL's tickets website with bio



Promo on the day



UAL Careers & Employability Newsletter



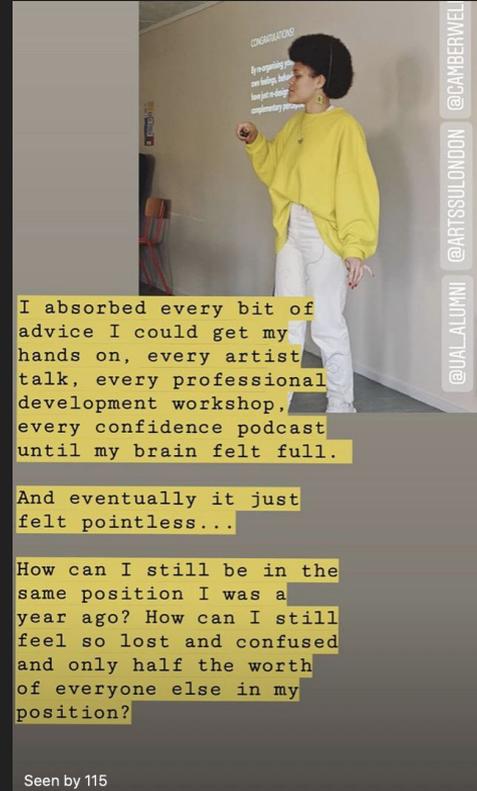
Delivered my 45 minute talk on
'How self-perception can affect your potential'
to around 35 students.



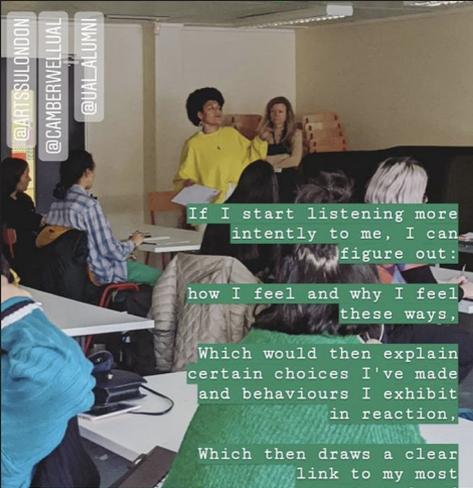
Instagram follow up and feedback

I followed up by posting on my Instagram stories with a reflection of where the talk came from for me personally and the insights I gave at the talk which led to great engagement. Please read.

1/3



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If I start listening more intently to me, I can figure out: how I feel and why I feel these ways, Which would then explain certain choices I've made and behaviours I exhibit in reaction, Which then draws a clear link to my most perpetuated and antagonized thoughts and doubts of myself.

And with this drawing I can create individualistic solutions bespoke to me.

Solutions which no one is more qualified to give than i.

Seen by 108

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3: CONSOLIDATE

To start the process of listening to yourself, I'm developing a few worksheets for anyone to download.

The structure will be very similar to the structure of my talk.

Seen by 106

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Why?

3: CONSOLIDATE

Using free writing, your calendars and reflection, you'll recall your feelings, thoughts and behaviours over a defined period of time, (starting with a day and then a week, which you can then apply to any time period you wish).

Then you'll analyse and pack them into 4 concise statements full of self-acknowledgement by asking yourself the simple question

Why?

Seen by 103

What's holding you back?

How self-perception affects your potential.



And through our why's we will find and shift our perceptions of self into more realistic, constructive and actionable understandings of self to move forwards with and better our own potentials.

Seen by 101

Instagram follow up and feedback

Private messages from attendees after the talks took place for a continued discussion about project management and future talks.

Hi lizzie! Thank you, it was super useful!
All this creative/ illustration world is new too me since I studied something else before this year, so it's quite overwhelming to deal with all of these stuff haha!

I had some questions. First, how did you feel about doing multiple activities? How do you manage it?

And also, how do you deal with loneliness as a freelancer ?

Thank you for your message!
Diana x



I was wondering are you up for doing more talks? We have visiting practitioner lecturers every other Wednesday on our course, I could see if they have a space, your talk at Holborn was great and I know everyone likes to hear from more recent grads, it all feels slightly more achievable cos it's the next step!



Evaluation

This talk was fantastic I ended up gathering in a paper feedback sheet at the end with 30+ email addresses and scores of 8 or more out of 10 for the overall presentation.

I managed to stay very calm throughout and genuinely enjoyed the process. I used the space of the room (but not too much) which actually helped me to pace my speech and engage with different audience members. I paid attention to the energy of the room and matched it with extra doses of enthusiasm, real stories and cutting stories shorter when necessary.

Following the talk I had around 10 questions focused on practical advice for sleeping and self-discipline, and 3 private 1-1 conversations about confidence, hiring other people and networking. I also realised at this event just how many members of UAL staff I knew through the odd mingling and support since graduating the previous year.

I am super proud of my newly developed skill. Next time I would put more emphasis on going with the flow and forgetting the plan. I will absolutely be doing more and possibly extending it as a permanent part of my main practice. I also took the liberty to create an Instagram group to continue sharing opportunities and advice.

