



Skills Development Programme

October 2026 - February 2027



Laura Trussell-Harris

Academic
Representation
Coordinator

Hello ULaw students and staff!

Welcome to the Autumn/Winter edition of the Skills Development Programme!

As the 26/27 academic year begins, we will be welcoming lots of new students to the university. I hope that you all enjoy your time here, and make the most of the opportunities on offer!

Those of you who are new might be wondering what the Skills Development Programme is. Twice a year, you will have the opportunity to sign up to sessions run by ULaw staff and external providers, designed to improve your skills in a range of areas.

This might, for example, be a session on a specific area of law, or a session learning 'soft skills' such as minute taking, or public speaking.

Most of the sessions are completely FREE (unless otherwise stated) and are mainly held online.

We really hope you enjoy the sessions on offer this term, please do let us know your thoughts, or any ideas of other training you would like to see in the SDP! Please email laura.trussell-harris@law.ac.uk with your feedback.

SIGNING UP

Use the form below to sign up for most of our sessions:

<https://forms.cloud.microsoft/e/QmawWdbBZW>



Sessions with another sign-up method will be clearly marked on the relevant page.

To read any of the information in this booklet online – visit our SDP Website Page using the QR Code or link below.



<https://studentsunion.law.ac.uk/sdp>

If you have any issues signing up, please email studentsunion@law.ac.uk

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Becoming a Charity Trustee

Clare Wood, Lecturer and Young Trustees Movement Champion

Being a charity trustee is a great way of gaining leadership experience and boosting your employability, whilst also giving back to your local community or making a difference in your chosen campaign area.

There is a drive within the sector to make big improvements on board diversity, with young adults and BAME applicants in particular being encouraged to consider first time trusteeship. You could be part of this much needed progress.

These sessions will help you to research and find opportunities, prepare for those all-important applications and interviews and (fingers crossed) thrive in your exciting new role.

FREE

1 hour

Tuesday 17th November, 6pm-7pm



Building Resilience

Sarah Coyne, Senior Lecturer

The American Psychological Association (APA) defines resilience as “the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioural flexibility and adjustment to external and internal demands.” This workshop will take you through some basic tips and activities to help build resilience. The session will include activities and there will be time for questions.

FREE

1 hour

Wednesday 2nd December, 4pm-5pm



Conversational Riffs – Creating Meaning out of Conflict

Neil Denny, Skills Coach

A highly practical methodology enabling you to manage difficult conversations safely and in ways that create renewed meaning, understanding and collaboration rather than more destructive fallouts.

This workshop shares Neil Denny's 2008 book of the same title, showing how conventional arguments are comprised of the Attack/Defence/ and Counter-Attack riffs.

Having identified those, we then learn how to use alternative riffs such as Invitation/Encouragement/Acknowledgement/Understanding Differences/Agreement/ and Solutions... and two to avoid at all costs - Despair and Flair.

Neil has delivered successful, transformative workshops on Conversational Riffs across the UK, Europe and North America to lawyers, mediators and conferences alike.

FREE

**1
hour**

Wednesday 9th December, 4pm-5pm



Let's Talk About Strangulation

**Harriet Smailes, Senior Safe & Inclusive Campus Advisor
(Student Support and Wellbeing)**

This session is designed to bring together academic and practical knowledge on the subject of strangulation. This topic has had a lot of focus in recent years and has considered how strangulation can present in different settings including domestic abuse, sexual violence, but also in consensual sex.

The intention for this session is to provide more information about what strangulation is, how it can affect individuals physiologically and psychologically, and how it presents across society. We will also discuss the relevance and appropriateness of legislating this behaviour in different settings, taking a critical approach to the application of the law.

Please note: there is no expectation of personal reflections or disclosures in the session, and content warnings will be provided throughout.

Harriet has worked in the field of sexual violence and domestic abuse for around a decade, including working with the charity Rape Crisis. She has a background in supporting universities in their approach to sexual violence/ misconduct and is now working on this approach at the University of Law. Before joining the University of Law, Harriet was the Research Manager for the Institute for Addressing Strangulation (IFAS).

FREE

1 hour

Wednesday 28th October, 4pm-5pm



Building Enterprising Skills

Selwyn Seymour, Senior Lecturer in Business

The session will cover the key stages of business formation; the drivers of entrepreneurship; the routes to entrepreneurship and overcoming common barriers (funding, skills, resources).

FREE

1 hour

Thursday 1st October, 5pm-6pm



Minute Taking for Professional Meetings

Gary Knight, Student Voice Coordinator,
The University of Law Students' Union

Taking minutes for meetings is a skill that many of us will need throughout our working lives, but also one that we aren't often given training on. Although specific practices and formats will vary from business to business, this workshop will give you the skills you need to take professional minutes in meetings. The following topics will be covered:

- Tone and style
- Chatham House rules
- Standard formats
- How much detail is 'too much detail'?

FREE

1
hour

Wednesday 18th November, 4pm-5pm



UK Politics and Civic Engagement

**Laura Trussell-Harris, Academic Representation Coordinator
& Gary Knight, Student Voice Coordinator,
The University of Law Students' Union**

When you go to vote, do you feel confused about what you are actually voting for? Or do you avoid voting because you feel that your vote won't make a difference?

This session will cover the basics of the UK political system, including the differences between Parliament and Government, the role of the Prime Minister, and the voting system used to elect representatives to the House of Commons.

How to vote, and the importance of using your democratic voice, will also be covered.

Laura has previously taught A level Government and Politics in secondary schools and has written dissertations on voting and political communication. Gary has UG and PG degrees in History and Politics and has written dissertations on US and UK Politics.

FREE

**1
hour**

Thursday 7th January, 4pm-5pm



Graphic Design Basics – Short Course

**Chris Parry, Communications & Marketing Coordinator,
The University of Law Students' Union**

Whether you're aiming for a career in a creative field, supporting marketing and communications work, or launching your own business, strong graphic design skills are more important than ever. Even with the rise of AI tools, understanding the fundamentals of design is what allows you to create work that is effective, professional, and purposeful—rather than just visually passable.

This practical short course introduces the core principles of graphic design, giving you the confidence to create and manage visual content across digital and print platforms. You'll explore key concepts such as the difference between vector and bitmap graphics, when to use each, and how this affects quality and scalability. We'll also look at design essentials including layout, typography, colour, and visual hierarchy.

A strong focus will be placed on accessibility and style—helping you design content that is inclusive, consistent, and aligned with your brand or audience. You'll learn how small design decisions can have a big impact on clarity, engagement, and user experience.

The course will also cover practical skills you can apply immediately, such as preparing and exporting files for different uses (social media, print, web), choosing the right formats, and avoiding common mistakes that can affect quality or usability.

By the end of the session, you'll have a solid foundation in graphic design basics and a better understanding of how to use both your own creativity and AI tools more effectively to produce high-quality visual work.

FREE

**1
hour**

Tuesday 1st December, 5pm-6pm



Lunchtime Languages

The Modern Languages Team, the University of Law

This four-week programme will introduce you to the basics of French, German and Spanish.

Suitable for complete beginners, each taster session will cover a selection of useful words and phrases alongside an introduction to cultural aspects of the language-speaking world and provide a chance to build confidence engaging with new languages and cultures.

The programme concludes with a fun and interactive online quiz, giving participants the opportunity to test their knowledge of the languages and cultures explored during the previous sessions.

Week 1 (20th November) – German taster session

Week 2 (27th November) – Spanish taster session

Week 3 (4th December) – French taster session

Week 4 (11th December) – Languages and Cultures Quiz

FREE

**4 x 45
mins**

**Starting Friday 20th November, all
sessions 12pm-12:45pm**



Fundamentals of Project Management

Karo Omu, Project Manager – Strategy & Projects,
The University of Law

This session introduces the core principles of project management, covering how projects move from idea to delivery, how to break down scope into manageable tasks, and how to track progress against a plan. Drawing from experience managing complex programmes across higher education, social impact, and entrepreneurship, the session covers practical techniques for planning, sequencing, and delivering work that stays on track.

Participants will work through examples during the session to understand the thinking and tools that underpin effective project delivery in any field. The session focuses on practical, transferable skills students can apply immediately to their own academic projects and future careers.

FREE

**1
hour**

Monday 19th October, 11am-12pm



Put It on Paper: The Power of Journaling

**Alina Uka, International Student Advisor,
Highly Commended Business Professional of the SU Awards 2026**

In a busy working life, we often carry a lot with us — thoughts, responsibilities, ideas, challenges and experiences — without always having the time or space to process them.

This interactive and practical session explores how journaling can provide a simple, personal space to pause, reflect and make sense of what is on your mind. Through guided prompts and a range of accessible journaling activities, you'll be encouraged to organise your thoughts, explore your ideas, reflect on experiences.

You won't need any previous experience. You'll have the opportunity to put pen to paper, try different approaches and discover ways of journaling that could fit into your everyday life. Alina has 8 years experience working within immigration and compliance within the higher education sector.

Materials needed: Pen, paper and your thoughts

FREE

**1
hour**

Tuesday 19th January, 1pm-2pm



Workplace Tension and Managing the Corporate Environment

Ali Wylie, Senior Lecturer

Learn how to make a good impression on your firm and deal with any workplace issues including office politics. The corporate environment requires strong commercial awareness. Join us for this workshop which will equip you with the knowledge and skills you need to make a good impression at work and diffuse any tension in the workplace.

FREE

**1
hour**

Monday 5th October, 2pm-3pm



Essential Skills for Event Planning and Risk Assessments

**Sammia Amir, Communities Coordinator,
University of Law Students' Union**

Ever wondered what it takes to plan and run a successful event? This session will give you the practical tools and confidence to turn an idea into a well-organised, safe and engaging event. You'll learn how to plan effectively, identify potential risks, create practical risk assessments and put measures in place to keep everyone safe. With real-world examples, you'll develop valuable skills in organisation, problem-solving, teamwork and event management that you can use both at university and in the workplace.

FREE

**1
hour**

Thursday 14th January, 4pm-5pm



Navigating Networking – From Small Talk to Big Opportunities

Lily Hardy-Thompson, Graduate Teaching Assistant

Networking can be challenging regardless of where you are in your academic journey or career. This session will explore how to find opportunities, approach new people, make conversation and build professional connections both in person and online.

By the end of the session, you will have practical strategies for networking with greater confidence and making the most of the connections you already have.

FREE

**1
hour**

Thursday 22nd October, 1pm-2pm



People, Professionalism and Pressure at Work

Lily Hardy-Thompson, Graduate Teaching Assistant

How do you navigate tension with colleagues? What do you do when you disagree with someone more senior? How do you manage competing expectations, communicate under pressure and maintain professional relationships when things don't go to plan?

This interactive session will explore the people-side of working life, including navigating workplace tension, managing difficult conversations, handling disagreement, setting professional boundaries and communicating effectively under pressure. Drawing on real-world scenarios, we will consider how you might approach challenging situations and develop practical strategies to take into the workplace.

FREE

**1
hour**

Friday 27th November, 12pm-1pm



Student to Solicitor: What is it like to work in Employment Law?

Eloise Jones, Whitehead Monkcton

In this session, Eloise Jones, a ULaw alumna and employment law solicitor, will explore what it is really like to work in employment law, from a typical day to some of the key challenges you may face in practice.

Eloise secured a training contract with the regional firm where she now works after completing the LPC at ULaw. Having recently made the transition from student to solicitor herself, she has plenty of practical advice on securing a training contract, starting your career and making the move from student to solicitor.

Whether you are considering a career as a solicitor, at the Bar, or are simply interested in employment law, this session will give you an insight into the realities of working in the field.

FREE

**1
hour**

Friday 15th January, 1pm-2pm



University Essentials – Session 1: Mental Health and Personal Wellbeing

Student Wellbeing Team, the University of Law

We'll be running sessions to welcome new and returning students and introduce you to the support available at the university. You can join all three or just sign up for the ones most relevant to you.

Purpose:

To normalise conversations around mental health and promote wellbeing among students.

Key Topics

- Common wellbeing challenges experienced by students
- Stress, anxiety, homesickness, and imposter syndrome
- Balancing academic, personal, work, and family responsibilities
- Accessing counselling, wellbeing, and support services
- Self-care strategies and building resilience

Activities / Engagement

- Guided reflection or wellbeing check-in
- Introduction to mindfulness or stress-management techniques
- Discussion on seeking help without stigma

Outcomes

- Greater awareness of mental health support
- Practical tools to maintain wellbeing
- Increased confidence in managing personal and academic pressures

FREE

**1
hour**

Tuesday 26th January, 10am-11am



University Essentials –Session 2: Health and Wellbeing for Student Success

Student Wellbeing Team, the University of Law

Purpose:

To raise awareness of health and wellbeing issues, support informed self-care, and help students access appropriate health services while studying.

Key Topics

- Understanding and navigating UK healthcare (GP registration, NHS services, campus health provision)
- Managing health alongside study (energy levels, concentration, attendance, and assessments)
- Common physical and mental health concerns that may affect student life (e.g. stress-related health issues, sleep, nutrition, long-term conditions, and chronic health concerns)
- Recognising when health issues may be impacting academic performance or wellbeing
- Accessing support, adjustments, and reasonable accommodations
- Cultural perspectives on health and wellbeing, and barriers to seeking support

Activities / Engagement

- Guided discussion on health, study, and self-advocacy
- Overview of support pathways and referral options
- Anonymous question option to ensure a safe and comfortable space

Outcomes

- Increased confidence in managing health alongside academic responsibilities
- Greater awareness of available health and wellbeing support
- Empowerment to seek help early and advocate for personal needs
- Improved understanding of strategies for maintaining wellbeing throughout the student journey

FREE

1
hour

Thursday 28th January, 10am-11am



University Essentials – Session 3: Academic Assessments

Benu Mukhopadhyay, Senior Lecturer

Purpose:

To strengthen academic confidence and performance.

Key Topics

- Understanding assessment expectations and marking criteria
- Academic writing, referencing, and avoiding plagiarism
- Time management and planning for assessments
- Participating in seminars and group work
- Communicating with tutors and asking for academic support

Activities / Engagement

- Assessment breakdown example
- Study-planning or revision strategies
- Peer discussion of academic challenges

Outcomes

- Improved understanding of academic expectations
- Increased confidence in assessments and academic communication

FREE

**45
mins**

Tuesday 20th October, 10am-10:45am



How To Burn Brighter Than Your Imposter Syndrome – Reclaim Your Confidence as a Junior Lawyer

Donna Smith, Burn Bright Coaching

A supportive 1-hour masterclass for early-career legal professionals. Ever feel like you're faking it and one mistake away from being found out? You're not alone. And you're definitely not an imposter. In this down-to-earth and empowering session, former lawyer turned imposter syndrome strategist Donna Smith shares practical tools to help you quiet that critical inner voice and build the kind of confidence that lasts.

You'll learn three powerful strategies to help you:

- Calm self-doubt when it flares up in high-pressure moments
- Trust your legal skills and judgment, even when you're new
- Turn imposter feelings into fuel for growth, not fear

This session is designed for junior lawyers and students who:

- Secretly wonder if they're "good enough", even when others say they are
- Want to feel more confident speaking up, sharing ideas, or taking the lead
- Are ready to back themselves without burning out

Meet Your Host - Donna Smith

Donna's been where you are. As a former practising lawyer, she knows how imposter syndrome can quietly chip away at your confidence and joy in the job. Now a dedicated coach to legal professionals, she'll show you how to take your power back, without pretending to be anyone other than yourself.

You do belong in this profession. Let Donna help you believe it. It's time to Burn Bright (not out!)

ULaw SU is covering the cost of the course (usually £200), making it FREE for students.

**£200
FREE**

**1
hour**

Thursday 3rd December, 6pm-7pm



Commercial Law Interview Case Study Workshop

Jake Schogger, Founder of Commercial Law Academy

On 11 November 2026, ex-Freshfields lawyer and founder of Commercial Law Academy Jake Schogger will be talking you through two commercial awareness case studies.

These are based on two case studies that came up during Jake's own City law firm assessment centres, and cover a range of essential commercial/legal topics including:

- A law firm's role in an M&A context.
- Parties involved in transactions.
- Private equity and venture capital.
- The role of law firm practice areas, including: Corporate, Finance/Banking, Real Estate, Tax, Intellectual Property, Competition, Employment, Pensions & Benefits, Dispute Resolution.
- Key legal documents, including SPAs and shareholders' agreements.
- Contractual protections such as warranties, indemnities, undertakings and conditions precedent.

FREE

**1.5
hours**

**Wednesday 11th November, 5pm-
6:30pm**

Sign up here:

<https://commerciallawacademy.clickmeeting.com/commercial-law-interview-case-study-workshop-cla-x-ulaw-/register>





AI Literacy for All

In partnership with the Digital Education Council (DEC)

The University of Law is committed to using technology to enhance the teaching, learning and achievement experience. We regard the ethical and transparent use of Artificial Intelligence (AI) as a key part of this for all members of our university community, and we actively encourage upskilling through engagement with the training and development opportunities available.

We are delighted to have partnered with the Digital Education Council (DEC) to provide the AI Literacy for All course.

As part of this course, you will develop skills and understanding in the following areas:

- AI Literacy Fundamentals
- Best Practices for Prompting
- Evaluating AI Output
- Critical Thinking and Creativity in the Age of AI
- Ethics of AI and Respecting Academic Integrity
- Preparing for an AI-Driven Workforce

[Click Here for the Training](#) 

We encourage you to reflect on these areas as you progress through the course. Once you have successfully completed it, you may wish to record this achievement as part of your professional development (for example on your CV or to your LinkedIn profile as part of your [Licenses & certifications](#) and [skills](#) achievements and as a new post).



Identifying Gaming and Gambling Harms in Student Life

Ygam (Young Gamers and Gamblers Education Trust)



Ygam are working with the University of Law Students' Union Skills Development Programme to offer students a **FREE** online CPD-certified gaming and gambling harm prevention workshop to raise awareness of gaming and gambling harms.

- Understand the risks
- Spot the signs of harm
- Access help and support.

Once you sign up, you'll receive a booking confirmation along with reminders leading up to the session. You will then receive the Teams joining link 24 hours in advance.

Registration for this workshop is not available via the same form as the rest of the courses in this booklet. Instead, please [click here](#) to sign up.



FREE

1hr 15
mins

Thursday 19th November, 6pm-
7:15pm



Negotiation Skills Course

Philip Brown, Founder of The Negotiation Club

Session 1 – Focusing on introducing the “learning model” and practical practice with single variable Negotiation Cards.

Session 2 - We introduce a “Practice with Purpose” approach and focus on how to introduce negotiation tactics into negotiation practice.

Session 3 - This session focusses on negotiation "Observation & Feedback". Almost all negotiators lack the ability to truly observe how a negotiation progresses and in this session we provide a structure to support this and, of course, plenty of practice.

Session 4 - Negotiations are rarely just about ‘price’. Up until this point you will find there has been a lot of creativity in the previous sessions but when we introduce multi-variable negotiation cards this takes it up a significant notch. We introduce methods for managing multi-variables and, of course, have plenty of practice.

£15

4 x
1.5
hours

Various dates, use the link below to find out more

There are only 20 students per course, all spaces must be filled. Registration is on first-come first-served. Please book quickly as spaces on these courses get filled extremely quickly.

Booking link: <https://www.thenegotiationclubs.com/student-society>



You must be able to attend all four sessions in the course to take part. Participants will receive a CPD accredited certificate at the end of the course.



Train to be an Accredited Civil & Commercial Mediator

Emma McAndry, Founder and Director of Essential Mediation Solutions



CMC Organisation
Member 2024



Course Credentials

The Course is accredited by the Civil Mediation Council (“CMC”) and the International Mediation Institute (“IMI”), so a worthwhile qualification for domestic and international students.

The lead trainer is a practicing mediator who gained Fellowship of the CMC in recognition of her ‘extensive mediation experience’. She is award-winning, nationally and internationally, including Mediation Trainer of the Year from the National Mediation Awards presented at the House of Commons. Her previous law students have won awards at national and international competitions, including first place two years in a row at the INADR international competition.

£1800
£600

The cost of this course to you as a student is £600. This course is usually £1800 per person, but we have negotiated a deal with Essential Mediation Solutions to cut this price by 67%

5 days

This 5-day course is delivered online, with a mix of asynchronous self-study videos and live interactive delivery with emphasis on practice and role plays. Teaching is mostly front-loaded, reducing daily, to allow practice of role plays to increase confidence.

There is a requirement of 100% attendance of the live sessions to pass the course.

Since March 2022, nearly 300 ULaw students have completed the course and achieved their IMI and CMC qualifications with outstanding feedback.



Train to be an Accredited Civil & Commercial Mediator

Emma McAndry, Founder and Director of Essential Mediation Solutions



CMC Organisation
Member 2024



More Information on Content:

- The process and principles of mediation
- Mediation theory and ethics
- The mediator's role and techniques
- How to prepare for a mediation
- Managing the mediation process
- How to guide parties to agreement
- The use of negotiation within mediation
- Communication skills

**£100
Bursary
Available**

A £100 bursary is now available for one successful student per term. Please email laura.trussell-harris@law.ac.uk for more information

Assessment for Accreditation:

CMC: 2 x 1 hour role plays (recorded online)

IMI: 1 hour role play (recorded online) and submission of a 2500-word portfolio.

Full guidance will be given, plus a 'mock' assessment to prepare for the assessment.

Why do this course?

- Additional qualification to add to your cv
- Enhanced employability
- To gain important transferable skills
- To start your own mediation practice
- Be able to help to set up and join a mediation clinic.
- Many barristers practice mediation alongside their Chambers work.
- Many solicitors have mediation departments to work alongside their practice.
- Equip yourself to succeed in national and international competitions.
- It's fun! See our testimonials! - www.essentialmediationsolutions.co.uk



Winner of a
National Mediation
Award 2020



Emma McAndry
Essential Mediation Solutions
Mediation Expert of the Year
in the United Kingdom



Emma McAndry
Essential Mediation Solutions
Best Mediation Trainer of the
Year in the United Kingdom





Train to be an Accredited Civil & Commercial Mediator

Emma McAndry, Founder and Director of Essential Mediation Solutions



CMC Organisation
Member 2024



Times Available:

Places on these courses are limited to 12 per course and are first-come first-served. Small amounts of individual preparation work are required before each live session.

October 5 Day Course: Monday 26th October to Friday 30th October, 10am to 6pm daily (online)

November 5 Day Course: Monday 16th November to Friday 20th November, 10am to 6pm

January Weekend Course: 17th, 23rd, 24th, 30th and 31st January, 10am to 6pm daily (online)

Registration for these courses is not available via the same form as the rest of the courses in this booklet. Instead, please email admin@emsolutions.uk for an application form.



On returning the booking form, a non-refundable deposit of £100 is then required to secure your place and the balance of £500 for the course fee is due 3 weeks before the course start date. The deposit of £100 is non-refundable unless EMS cancels the course for any reason.





Workplace Conversion Course

Emma McAndry, Founder and Director of Essential Mediation Solutions



CMC Organisation
Member 2024



If you already have the civil and commercial mediation qualification, take one of our workplace conversion courses and after just 8 hours of training, you will be dual qualified.

Thursday 24th and Friday 25th November (9:30am to 2pm each day)

February mornings – Dates TBC, please email admin@emsolutions.uk for further details.

£395 +
VAT

Registration for these courses is not available via the same form as the rest of the courses in this booklet. Instead, please email admin@emsolutions.uk for an application form.



The Employability Service

The University of Law Employability Service has a wide range of opportunities for you to develop skills and enhance your employability.

All of the services are accessed through the [Employability Portal](#); provision is flexible to accommodate student needs and offers both in person and online opportunities.

Local experts with knowledge and relationships in their community can help you with career planning, reviewing applications, CVs and cover letters, navigating aptitude tests, preparing for interviews and assessment centres. There are also a range of pro bono schemes available supporting those unable to pay for social justice, which provide invaluable exposure to the workplace and develop skills.

The [Portal](#) is also the place for you to book to attend employer events, including Careers Fairs, and employability workshops; to find out about our mentoring scheme; to access useful resources; and to browse a range of job vacancies.

SIGNING UP

Use the form below to sign up for most of our sessions:

<https://forms.cloud.microsoft/e/QmawWdbBZW>



Sessions with another sign-up method will be clearly marked on the relevant page.

To read any of the information in this booklet online – visit our SDP Website Page using the QR Code or link below.



<https://studentsunion.law.ac.uk/sdp>

If you have any issues signing up, please email studentsunion@law.ac.uk