



1st University Forum – Woman, Professional, Mother:

Looking directly into the working world from a woman's perspective.

OBJETIVES:

- Formation of university students on the work environment: how to enter with a firm and secure step, without losing the vision of her condition as a woman.
- Help young women to understand a the meaning of a truly balanced life.

DIRECTED towards female upperclassmen and alumni (25 – 30 Participants).

Extra-curricular formative activity which awards CREDITS for each session.

PROGRAM

1st Session

- **Formative presentation:** Feminine/masculine identity: how we are and what we bring to the working world, society, and family.
Presenter: Mrs. Alicia Rubio. *Professor and researcher.*
- **Workshop:** Self-knowledge and identification of personal and professional profiles.
Presenter: Mrs Adriana Yepes. *Professor.*
- **Description of the workshop:** *To get to know our own personal profile is a very important step, not only to understand and accept ourselves as people, but it is also an indispensable starting point to effectively implement our professional projects. Using a survey based on a serious model of personal typologies, this workshop will give you a better understanding of your own personal profile and some practical orientations for your professional development.*

2nd Session

- **Formative presentation:** Balancing work, family, and personal life in Spain.

Presenter: Mrs. Ondina Vélez, *Doctor and Professor* y Mr. Pablo Gutiérrez, *Professor*.

- **Workshop:** Keys to emotional intelligence at work.
Presenter: Mrs. Patricia Castaño. *Professor*.
- **Description of the workshop:** *Emotional intelligence is one of the most important dimensions of our personality for a positive relationship with others. In this sense, it is a competence that is increasingly recognized in workplaces and professional activity in general. This workshop will teach you the concepts and precise skills for understanding and practically applying the set of emotional competencies.*

3rd Session

- **Formative presentation:** Finding YOUR job: making your professional and personal projects as a woman matter.
Presenter: Mrs. Dolores Velarde. *Dr. Engineer*
- **Workshop:** Techniques for successful interviewing and negotiation in the professional environment (with simulations)
Presenter: Mr. Jaime Urcelay. *Professor and consultant*

Description of the workshop: *The workshop will support the efficient development of practical and fundamental criteria for professional interviews and additionally teach you to create space for negotiation. Participants will perform a short role-playing activity which will serve as a basis for their experience. Each will receive personalized feedback through the activity.*