



The Washington Group

presents



Information booklet





Bea-U-tiful

Behind the Instagram filters - what's the marketing?

There are thousands of brands out there. But why do we engage with some more than others? How does Kylie Jenner get paid £750,000 for one paid ad post and why are Love Island contestants being recruited as brand ambassadors? We go behind the Instagram filters to look at the marketing strategies and the people that make this happen. Think designers, storytellers and developers. ICG – named Best Small Agency at the Northern Marketing Awards 2018 – tells you how it is.

SFX special effect makeup

Learn different ways to apply special effects makeup using a different variety of waxes, liquid latex, cotton wool and lots more to give off the most effective and gorey looking special effect looks.

Reach for the stars – encouraging women into leadership

If you've been following the #MeToo movement, you'll have seen the power of women's voices. In this interactive session, we'll look at what makes a good leader and how you can use your strengths to get off to the best start in your career. Come and find out about the power of your voice and where it could take you!

Make Up Masterclass

A workshop including a demonstration on a live model for an everyday make up look. With advice on basic make up skills to help improve your own make up as well as the best way to use your products and tools. Also, skincare advice and how to clean brushes. With an insight on working as a Make Up Artist in industry. Please allow 1 hour – 1 hour ½ for this workshop. Make the most of this session by bringing your own make up bag.



Bea-U-tiful

Take 5

Join our respite session. Learn skills and techniques about caring for yourself. 'Be creative and be mindful'.

Hair Styling Masterclass Demonstration

A live demonstration of multiple basic hair styling techniques that can be used for every day looks and transformed in to elegant up do's for a night out. Including using heated styling tools and advice on the best products to achieve the desired look. Please allow 1 hour for this masterclass.

Cosmetic Chemistry

Come along and learn about the science behind making bath bombs and lip balms, which you can take home with you.

Face painting masterclass

A workshop including a demonstration on basic face and body painting techniques. Learn how to use colours effectively with brushes and sponges to create designs on the face or arm. Add glitter to make your design sparkle!

Pilates

A class for all levels.
Pilates is focused on building core strength, stability, flexibility, mobility.
A series of movements to calm the mind and body integrating mindful breathing exercises.



Happiness

Power in Kindness: If you can be one thing, be kind

A presentation about kindness and the difference this can make to yourself, your community and the world! Kindness can be used as a philosophy to guide decision making in everyday life as well as helping in business and healthcare. There will be a range of activities to get you to think how kindness can shape your approach to everyday life. In a world where you can be anything: **Be Kind!**

African Drumming

Throughout history and cultures, you will find that the first percussionists were women. Yes ladies, **WOMEN** were the original drummers! Group drumming has proven to have immense benefits for the Mind, Body and Soul. By playing a simple rhythm on the drum, we enter into an altered state of consciousness, enabling us to heal ourselves from the inside out.

Come join me for a 30 min session of playing African rhythms, and I guarantee you will leave feeling euphoric.

Where's Your Head At?

An exciting, interactive session to introduce how the brain works, the impact on our brain of social media and how we can begin working towards a lifetime of mental fitness. You might know where your heart is and what it does, but where is your hippocampus and how does it affect your mood, concentration and anxiety? Time to get to know yourself better.



Happiness

Confidence Coaching Workshop

Find out how and why we lose self-confidence. A fun and interactive workshop where you can learn self-help strategies to banish self-doubt and build and maintain your own self confidence.

Self Esteem and Confidence Workshop

The group will explore what self esteem is and how this impacts on our overall health and wellbeing. We examine their understanding of self esteem and how this can be improved using a variety of activities, film clips, questionnaires, quizzes, scenarios and discussions.

The 5 secrets of Aikido self defence

The Aikido workshop will use the principles of the martial art of aikido to teach some simple yet effective principles of self defence. This workshop will not only look at techniques that are easy to learn but also at other factors you can employ with the aim keeping you safe from harm. You will learn both physical and non physical techniques that you will be able to employ in a conflict situation. You will leave this session feeling empowered and confident to use the basics required to help you be safe in the event of a conflict.

Substance Misuse

Substance Misuse Education and Information. Looking at various substances, their appearance, effects and risks. Interactive session will require some participation with Q&A and concluding Quiz."

Are you Right about your Rights?

This session will give you up to date information on your Consumer, Employment and Benefit rights. This will also include a showcase of the work that the citizens advice deliver to people of all ages and look at what a difference that can make in your community.

Meditation for wellbeing

Learn to use different techniques to help you find your calm space. With meditation you can alleviate anxiety and stress. All easily learnt from a 5 minute stress buster to a half hour guided meditation .



Innovation and dreams

Women in Filmmaking

A workshop based upon becoming familiar with and using cinema standard filmmaking equipment including experimenting with lighting, framing and colour grading as well as a Q&A about being a young female business owner and filmmaker. As a 26-year-old woman who has been running a filmmaking business with a male business partner for a few years I can answer any questions you have about filmmaking, running a business, dealing with body image while working with cameras and anything else in-between!

Aiming High

How can you develop the confidence, skills and knowledge to achieve what you want in your career ?

What lessons can you learn from women who have gone before and succeeded in leadership positions ?

What top tips will help you plan your next steps ?

Come along and get your questions answered by someone who has been there, done that and got the t-shirt.

Setting up your own business and exploring dreams and aspirations

Exploring skills and interests and how these can potentially be turned into starting your very own business. Looking at dream and aspirations rather than what you are told you can and cannot do.

Using your personal skills, learnt skills and interests to develop a basic business plan idea with a vision board.



Innovation and dreams

Hackathon

Learning how to create apps, computer games and websites. Participants will be given workbooks and tutorials to aim to develop either an app, game or website. Creating Apps using MIT app developer, games with game maker and websites using google sites.

A career in Policing

An opportunity for people to meet with members of the Policing Family to discuss what it is like to work for Lancashire Constabulary and explore the opportunities available within the police.= inc. Q&A.

Creating a CV for Life

This workshop will focus on what a CV is for, what it should contain and how you can keep adding to it and editing it for the rest of your life. It will be part presentation, part discussion, part individual and pair work with some actions to take away to create a CV from scratch if you don't have one already and edit one if you do.

Robots – will they help or harm?

The industrial robotics market is expected to grow by 175% over the next decade. Whereas in the past, robotics were simpler and used mainly for repetitive tasks, they will now be capable of much more. Where does that leave us humans?

This is an interactive session to explore how robots will be influential in our domestic life and can transform how we work in the future.



Innovation and dreams

My Skills, My Life

BAE Systems would like you to get involved in an interactive game from WISE called My Skills My Life which helps girls to discover what they're good at, and then match them with rewarding careers in Science, Technology, Engineering and Maths (STEM). Discover your personality type, and see how your skills match up to STEM careers. Connect with real people in STEM careers who have the same personality as you. What do they do? What do they earn? How did they get there?

Don't steal my cookie!

Create a fun cookie alarm using the BBC micro:bit and some code.



Sustainability

Indian Cookery Lesson

Cooking authentic vegetable Indian curry in 30 minutes. Come and join Dalvi's to have cook from scratch experience.

Our Big Green

Learn how a wide range of creative arts methods, including: drawing; painting; photography; storytelling; music; sculpture; wood carving; plant and herb therapy; media and fashion, can be used to develop skills for self-improvement, health outcomes, environmental and social change in the great outdoors. Brief introduction and discussion followed by interactive workshop exploring art and the environment to create your own masterpiece. Get inspired to promote change - something for everyone and every interest.

Tilled?

As young women in today's society you might not have yet considered the risks facing you which are directly linked to money. We want you to join our session and find out WHY it is so important to really understand YOUR money, how to protect yourself in the future and see how this information can really help you get tilled! No maths is involved in the delivery of this session

" Volunteering and Careers with Children

The Potato! An activity to look at how we are all different but still equal.
Secret in the hat – an activity around confidentiality.
Games to play with babies and children.



Sustainability

Build a sustainable future - interactive model

Use our interactive light up models to build your ideal street or neighbourhood. Design public spaces, think about where we buy our stuff from, consider do we even need to work 5 days a week? Rewrite the rules and discover what practical steps we can take to make where we live better for people and the environment. Now take your new knowledge out into the world and make it happen!.

Felted Soap

Felt making is a tactile fun activity as if like magic - turn loose colourful fibres into a woolly fabric which envelopes your soap. Why? To use in the shower or bath, the perfume and the bubbles come through the wool as you lather up and the natural fibres work as a great exfoliator. Make and take home a pretty, scrubby soap for yourself or maybe for someone special after all it is Mother's Day soon

Wasted Lives

Wasted Lives is an interactive session designed to assist young drivers and passengers improve their ability to assess risk and make the right choices on the roads. It gives real life local examples where young people have made the wrong choices, accompanied by a crashed car. It also gives suggestions of what to do if you do feel frightened by someone's driving style. It is a mixture of discussion work in groups and video clips.

Collective youth voice across the North West

The session will be coproduced and delivered with young people from Youthforia's Steering Group. Youthforia is the North West's Youth Forum. Working with young people from all twenty-three Local Authorities in the North West. Youthforia is keen to talk about their learning when engaging young people alongside learning from young people within the audience.



This Girl Will

Developing #SkillsForLife

Active and engaging activities to give a taster of The Scouts provide skills for life. The workshop will include a variety of activities including fire lighting, tent pitching, teamwork challenges and leadership development. We are an inclusive organisation with opportunities to build confidence and promote positive growth.

Life of a Sports Therapist - challenges of running your own business and learn some basic treatment methods

Many people ask me what a Sports Therapist does and what the job entails. In this workshop I will share with you my experiences, including the challenges I've faced, how I've adapted and what I've learnt. This is everything from in the treatment room, working with all patients from general aches and pains to athletes, and my journey through running my own business. As part of the workshop, you will also learn some basic treatment techniques we use on a daily basis.

Women in Sport - Careers and Lifestyle Workshop

This workshop will look at the different career opportunities for women in sport, with interactive tasks and skill evaluation. The workshop will also give participants an opportunity to discuss the encouragement and enablement of women and girls to participate and work in sport. In addition, the workshop will touch on healthy lifestyles and inspiring others.



This Girl Will

Introduction to Lifeguarding / swimming teaching

Introduction to CPR / First Aid – we will go through the skills and abilities needed to become a life guard or swimming teacher. Also give information on all the programmes the YMCA has to offer.

Transitional skills and reflection

Communication, setting goals, resilience, leadership and STEM – reflection of how we use these skills to build our foundations for education, training and employability as well as having fun and a giggle with ice breakers and activity's.

Intro to First Aid

In this workshop you can expect to learn: Primary Survey- identifying danger, response, airway, breathing, circulation. CPR - cardiopulmonary resuscitation is an emergency procedure that combines chest compressions often with artificial ventilation in an effort to manually preserve Life.

Fit in 30

A series of exercises designed to give you a full body work out in 30 minutes!



Created by Nathan
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