



Count Me In

9 - 13 May 2022

A week of events for disabled and neurodiverse students, and students with a long-term health or mental health condition, who have questions about employability and transitioning into the workplace.

Careers advice, guidance and transition support

Input from UEA alumni real-life experiences

Introducing Count Me In

As part of CareerCentral's #WeCan diversity campaign, Count Me In aims to support and encourage the career ambitions of students living with a:

- Disability
- Neurodiverse condition
- Mental health condition or concern
- Long-term health condition.

There will be a mix of online and physical events offering careers advice, skills sessions, panel discussions with UEA alumni and informal drop-in opportunities.

The events within this programme are available to [book now on MyCareerCentral](#). For questions or support, please get in touch:

w: mycareercentral.uea.ac.uk

e: career.central@uea.ac.uk



Monday 9 May 2022

Recognising your Strengths: 10am - 11am

Delivered by a UEA Careers Adviser, this online workshop will help you identify and practice articulating your strengths on a CV and at interview, along with how to talk confidently about any gaps in experience due to a disability or long-term health condition.

UEA Award - Identifying Skills from Adversity: 11am - 12pm

Delivered by the UEA Award team, this session will help you reflect on challenging personal experiences or adversity and how to articulate these into professional skills which give you a competitive advantage in today's job market.

Navigating Invisible Barriers to Employment: 2pm - 3pm

Delivered by our disability partner EmployAbility, this session will focus on the invisible barriers which can prevent students with neurodivergent conditions, mental health conditions and other disabilities from getting the careers they deserve, and how to overcome them.

Take Five - Multiplayer Mondays: 7pm - 9pm

Take Five is a student-led wellbeing and mental health initiative. Drop in to play multiplayer games and meet like-minded students in a safe and friendly environment offering peer-to-peer support for low-level mental health concerns.

Tuesday 10 May 2022

Introduction to Wellness Action

Planning: 10am - 11am / 2pm - 3pm

Wellness Actions Plans are a simple and practical way of helping you to support your own mental health at work. Find out how to start developing yours at this session, with further support available through drop-in or 1:1 appointments later in the day.



Developing your Wellness Action Plan: 11am - 1pm / 3pm - 5pm

Drop in or schedule a 1:1 appointment with a member of Student Services to discuss the content of your Wellness Action Plan and the next steps for developing it yourself. These two sessions are only open to current UEA students who have attended the Introduction to Wellness Action Planning, and can be booked during those introductory sessions.

LGBT+ in the Workplace -

Coming Out: 12pm - 1pm

Feeling comfortable and empowered to be yourself in the workplace is important for wellbeing, job satisfaction and career success. Join UEA Law alumni Gareth Ledsham and Paul Goodrum for an honest and uplifting conversation as they share their personal experiences of being open about sexuality in the workplace, with insights into support available, barriers faced and vital skills for transitioning into employment.



Mental Health Support and Adjustments during the Recruitment

Process: 3pm - 4pm

The recruitment process can be particularly stressful if you have a mental health condition. Tab Ahmad, CEO of our disability partner EmployAbility, will be talking at this session about what adjustments are available and the positive impact they can have.

Sharing a Disability - Privacy and Personal Choice: 4pm - 5pm

When, why and what do I share with my employer? Explore your rights to privacy and personal choice at this session delivered by a Careers Adviser.



Wednesday 11 May 2022

Student Services' Wellbeing Training Team is running a series of sessions focusing on improving your mental, emotional and physical wellbeing and learning vital skills to support you through difficult or challenging times:

Building Resilience: 10am - 11am / 2pm - 3pm

As well as being a characteristic widely sought by employers, resilience can support you during times of uncertainty or adversity. This workshop will explore what resilience really means, what it looks like and the key strategies you can use to build your own resilience.

Managing Change: 11am - 12pm / 3pm - 4pm

Adapting to change can be difficult and planning for the transition from university to employment is no exception. This workshop will help you explore your feelings about change, identify positive aspects of change and look at practical ways to manage change more effectively.

Managing Stress: 12pm - 1pm / 4pm - 5pm

This workshop considers the practical methods we can use to effectively manage the stress we face - whether that be within our personal lives, studying or at work.



Take Five is a student-led wellbeing and mental health initiative offering peer-to-peer support for low-level mental health concerns. They will be running the following sessions:

Switch and Snacks: 12pm - 1.45pm

Join us in the SU Bookable Room One for Mario Kart on our Nintendo Switch, try out some new board games or just have a break with a cup of tea and some snacks.

Good Games Played Badly: 2pm - 6pm

We will be streaming our usual array of games on our Discord Server.

RPG and MMO Games: 7pm - 9.30pm

We will dive back into The Witcher 3 before moving on to some newer RPG and MMO games.

Pizza and Progression - Peer Support Network: 4.30pm - 6pm

CareerCentral is teaming up with the UEA SU Peer Support Network to offer 'Pizza and Progression' - an evening for disabled and neurodiverse students, and students with a mental health or long-term health condition to share experiences in a safe and friendly space. Meet other students and discuss your future career opportunities or concerns, with a Careers Adviser on hand to answer any questions. This session is only open to current UEA students.



Thursday 12 May 2022

GradFair: 10am - 2pm

CareerCentral's virtual GradFair is a fantastic opportunity for UEA's final year students to find graduate level jobs and plan next steps.

As you meet employers and find out about their live vacancies, it's a great chance to try out the skills you have learned through the Count Me In sessions and put your questions about workplace support and adjustments straight to employers.

There will also be a series of online workshops, covering topics from job hunting and starting a business, to tackling imposter syndrome and dealing with uncertainty after graduation.

And if you need any support on the day, talk to our Careers Advisers, who will be on hand to help through live chat or via video appointments. [Register for GradFair now at MyCareerCentral.](#)

Friday 13 May 2022

Inclusive Working Environments Panel Discussion:

Disability in the Workplace, Alumni Discussion: 10am - 10.30am

We will be joined by UEA alumni sharing their experiences of transitioning into the workplace with a disability, focussing on the challenges and support they received during the job seeking process and in the workplace, and how they manage their disability, neurodiverse condition or mental health condition within the workplace.



Book onto these events via [MyCareerCentral](#).



1-1 Advice and guidance
Events
Vacancies
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Mentoring
and more!

Book your place on [MyCareerCentral](#) or visit us in The Library!

All of our Count Me In events are available to [book now on MyCareerCentral](#). Or come and visit the CareerCentral welcome desk in The Library where you can get information on all of our services, including events, appointments and resources. You can also get in touch by email.

w: mycareercentral.uea.ac.uk

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