

# Learning at Work Week 2023

This year's theme "Create the future", explores how lifelong learning at work can help us all personally and collectively create our futures – from achieving life and work goals, to shaping our lives, communities, and the world, to driving innovation and achieving organisational ambitions.

The Organisational Development and Learning team have created a week of Learning opportunities – We'll be hosting a variety of workshops, webinars, and other learning opportunities throughout the week, all designed to help you grow and succeed.

If you have any questions about the events listed above please contact us @ [Learningcafe@valeofglamorgan.gov.uk](mailto:Learningcafe@valeofglamorgan.gov.uk) or by [clicking here](#)

**16**  
MAY

11AM - 12PM

## Discussing Project Zero's Climate Change Efforts and Your Ideas

Join our upcoming interactive workshop to overcome personal development obstacles, improve your skills, and create a customized plan by exploring learning styles, strategies, and practical tips to achieve your goals effectively.

[CLICK HERE TO BOOK](#)

**16**  
MAY

1:15PM - 2:15PM

## Learning to Learn

Don't miss our engaging workshop to enhance personal development, where you'll identify learning needs and discover effective strategies for achieving your goals.

[CLICK HERE TO BOOK](#)

**17**  
MAY

10:00AM - 1:30PM

## #Itsaboutme

Enhance your people management skills by joining this learning session, where you'll discover how the #iam process improves individual job performance, learn about the performance management cycle and meet other managers from around the organisation

[CLICK HERE TO BOOK](#)

**18**  
MAY

9:30AM - 12:30PM

## Agreeing Effective Objectives

Learn the importance of objectives in driving performance, differentiate between goals and objectives, discover sources for content on stretching objectives, understand the process of agreeing objectives through effective examples, and explore how to incorporate behaviors into objectives.

**FULLY BOOKED!**

**18**  
MAY

1PM - 2PM

## Ever wondered how food can influence your mood?

Discover the influence of nutrition on mood and explore practical dietary tips based on the latest research at our online workshop, aimed at enhancing your mood and well-being.

[CLICK HERE TO BOOK](#)

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