



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Essential Skills

Link In and Learn

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



www.uwtsd.ac.uk

Session Objectives

In this session we will:

- Explore the concept of networking and its benefit to you.
- Consider your networking opportunities.
- Practice some basic networking skills.

This session will help you understand the value and relevance of networking for your professional development.

Session Schedule

- Exploring networking – 25 Mins
- Finding networking resources – 20 mins
- Locating networking opportunities in the UK – 30 mins
- Practicing basic networking interaction – 35 mins
- Reflection 10 mins

Networking

Networking

Listen to this introduction to networking.

Note the tips that are suggested in the [video](#).



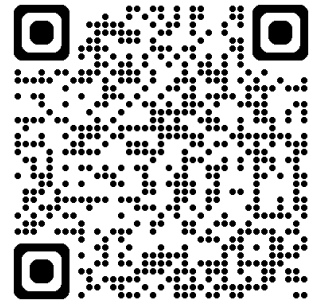
UWTSD – MyCareer Resources

The screenshot shows the UWTSD MyCareer website. At the top left is the University of Wales Trinity Saint David logo. A navigation bar contains links: Dashboard, Career Pulse, Career Assessments, Career Advice, Career Tools, and Jobs. Below this is an 'E-Learning' section with a search bar containing the text 'Search learning bites: try networking, strengths, resilience'. A sidebar on the left lists navigation options: Home Page, Learning Paths, Skills & Preferences, Career Possibilities, Industry Insight, Job Search, CVs & Applications, Interviews, New Job, and Career Management. The main content area is titled 'Networking' and features three resource cards. The first card is 'Tips for expanding your network' by John Carter, with tags 'Networking, Personal brand'. The second card is 'What are Personal Learning Networks?' with a 'Networking' tag. The third card is 'Personal brand explained' with tags 'Networking, Explainer videos, Personal brand'. Each card includes a video thumbnail and a star icon for favorites.

UWTSD offers a range of networking training resources on the [MyCareer website](#).

Use the link in the Moodle page to explore these resources.

Share your top tips with your group.



Share

Share the interesting or useful resources
you found on the MyCareer site?

What is your recommendation?

UWTSD – MyCareer Resources

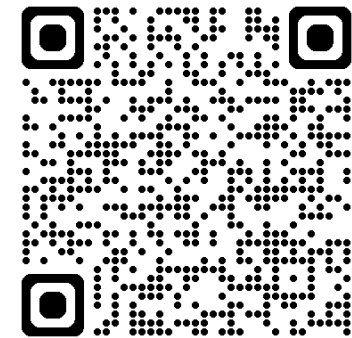
Working in pairs to complete the Networking short course on [MyCareers](#).

 Networking - short course from UWTSD MyCareers

Networking - short course from UWTSD MyCareers



Getting Started With Networking



Evaluate and reflect

What have you learned from this resource?

Are there any points which you found challenging to understand?

Which points did each of you find most useful and relevant?

 [Networking - short course from UWTSD MyCareers](#)

Networking - short course from UWTSD MyCareers

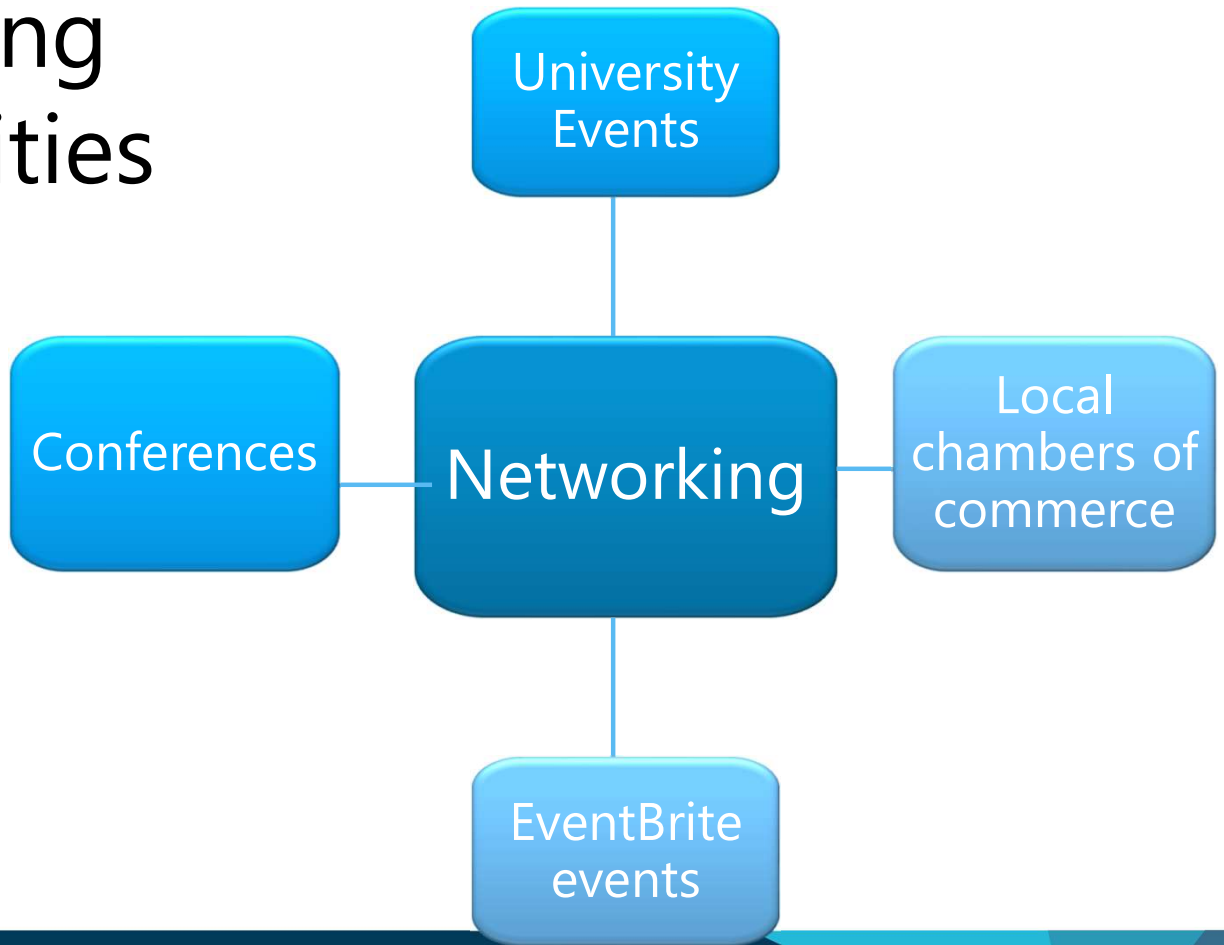


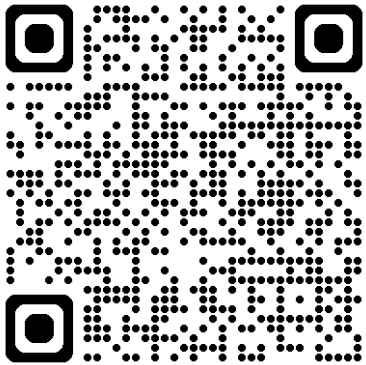
Getting Started With Networking

Networking in the UK

Networking Opportunities

There are lots of opportunities to build connections at events, conferences and talks around the UK.





UWTSD Events



The UWTSD Student Union events provide a chance for student to connect with others from other courses and class.

Visit the UWTSD Student Union Page and explore the events coming up in London



Activate At The O2 – The Ultimate Student Adventure!

Saturday 27-06-2026 - 14:30



Skills Week | Building Your Soft Skills

Monday 13-07-2026 - 13:15



Skills Week | Career Planning (Online)

Monday 13-07-2026 - 18:00



Skills Week | Resilience & Conflict: Build Your Toolkit For Pressure

Tuesday 14-07-2026 - 13:15

Eventbrite



Eventbrite offer a range of ticketed events for networking. These are paid for or free events and are organised by a range of organisations.



Almost full

London Film and TV Networking Party

Thu 28 May, 19:00

London - Be At One - Monument

From £11.55



Sales end soon

Climate Tech Time

Tomorrow at 18:00

London - The Conduit

From £10.75



Future of Work Summit

Fri 5 Jun, 08:00

Kingston upon Thames - Kingston University Business School,

From £0.00

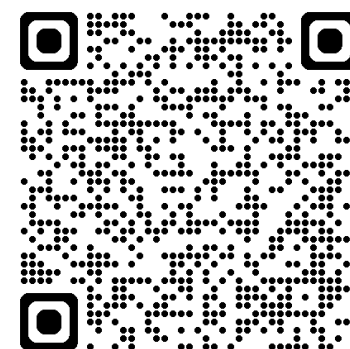


Friends In Fashion London - Fashion Networking Party

Mon 25 May, 19:00

London - The Little Violet Door

From £8.30

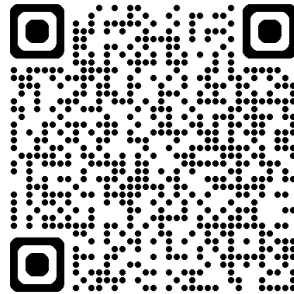


<https://www.eventbrite.co.uk/d/united-kingdom--london/networking/?msocid=0928b5d7e1f662153980a121e01663da>

Chambers of Commerce

LONDON CHAMBER
COMMERCE AND INDUSTRY

CONNECT. CHAMPION. SUPPORT.



Chambers of Commerce are an excellent place to develop connection in all industries.

The British Chamber of Commerce support regional chambers.

Visit your local chamber of commerce website to see the array of networking events they offer to members.

- Find the website
- Explore the events or news page
- Pick an event that could be relevant to you



Introducing yourself when networking

The art of conversation

Watch this video about how to join in conversations when at a networking event.

Make a note of the key tips that are discussed in the [video](https://www.youtube.com/watch?v=WO7AFZWjy0E).

<https://www.youtube.com/watch?v=WO7AFZWjy0E>

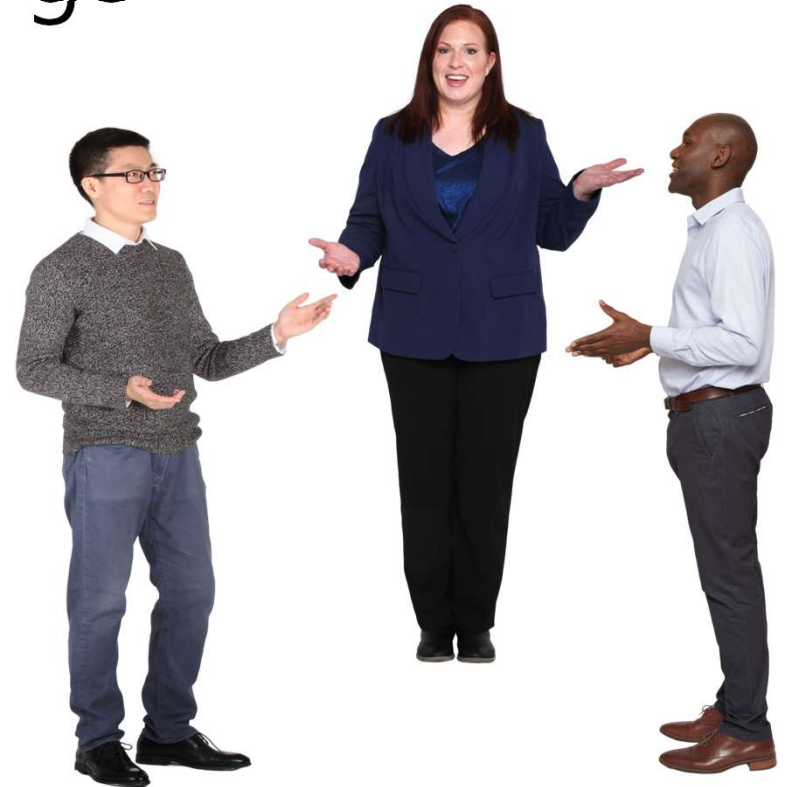


Let's have a go

Stand up and form small groups.

Practice your networking skills.

- Think of how you will introduce yourself.
- Consider your body language.
- Exit the conversation professionally and move to another group.



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives

Reflect

- What did you find easy about talking to others?
- What was challenging?
- Did you feel confident?

Give feedback to your peers on what they did well

Summary

During in this session we have:

Explored the concept of networking and its benefit to you.

Considered your networking opportunities

Practiced some basic networking skills.



Your Personal Progress Padlet

There is no assessment attached to your Essential Skills sessions. However, you should maintain your personal progress Padlet.

After each week, add to your personal progress Padlet.

What should you include in a personal progress Padlet ?

Include:

- What you have done in your session.
- What key points have you learned.
- How you intend to apply learnings to your module assessments and onward professional development.

Traffic Light *it*



	<i>Where is your learning at ?</i>
Red	I have misunderstood some of the topics. (write down 2 questions that you need help with)
Amber	I have understood most of the topics so far (write down 1 question and 1 key theme you have understood)
Green	I have understood the topics so far (write down 2 key themes from the lesson to show your understanding)