

Summer 2018 Newsletter

Engineering a resilient Engineer!

10 Tips
to Boost Resilience

-  **Communicate** regularly and effectively.
-  Maintain **positive and personal connections**.
-  **Avoid** seeing a crisis as **unconquerable**.
-  **Be accepting of** change.
-  Move **toward your goals**.
-  Take **positive, decisive actions**.
-  Look for opportunities for self-discovery.
-  Keep things in perspective.
-  Nurture a **positive view of yourself**.
-  Look to a **hopeful future**.

Welcome to the Summer 2017 edition of the Cumbria Members Group newsletter. Our aim is to support the professional development of Chemical Engineers in our area, for all ages and levels of experience.

Become more resilient, become more effective

Resilient individuals are more likely to be open to new experiences, more flexible and more emotionally stable in the face of adversity (Avey et al., 2009).

Lisa Griffin from NHS Cumbria Partnership Foundation Trust Organisational Development Team led an interactive evening development session in March which focussed on building resilience.

Why do some people appear to adapt to stressful situations better than others? Why do some seem to deal better with change?

Lisa's presentation covered a number of models and methods to help us become more resilient, with the aim of making us more effective in the workplace. Our group of approximately 30, with a range of graduate engineers right through to IChemE Fellows, split into pairs and coached each other through real-life problems.

We learned about negative thinking traps, framing setbacks, putting problems into perspective, can-do thinking and why social support is important for us all. We all found it to be a thought-provoking evening and took away personal action plans to help us in our work.

More info

Lisa's talk covered far too much to summarise her, please see below to find out more:

Undertake a free self-assessment for resilience strengths and risks [here](#)

Further Reading:
Steve Peters: The Chimp Paradox: the mind management programme to help you achieve success, confidence and happiness

Cumbria Member Profile - Lee Marquis

I joined the Cumbria Members Group Committee as Mentor Coordinator in November 2017. My role is to match up trainees on their path towards becoming chartered with a mentor. I volunteered for the role as a means of giving something back to the local Chemical Engineering community having benefited from the help and assistance provided by my mentors in the early years of my career.



I graduated in 1994 from Imperial College London with a M.Eng in Chemical Engineering and have worked in the Nuclear Industry since then. After obtaining Chartered Status, I volunteered to be a Mentor through my Accredited Training Scheme and have successfully helped a number of Engineers to achieve Chartered Status.

I'd love to hear from anyone who would like to help with mentoring a local trainee and inspiring them for a career in Chemical Engineering.



Recent events

Matt Allason from United Utilities explained the extensive programme of asset upgrades across Cumbria. Attendees found this to be a very informative evening talk.

We continue to support local STEM activities to inspire young engineers of the future.

Toby Cushion - Chair
Emily Vincent - Secretary
Phil Murphy - Treasurer
David Oakley - Communications
Jenny Sykes - Events
Kim Williams - STEM
Lee Marquis - Mentor coordination

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We are the smallest IChemE Members Group in the UK - 96 trainee members; 59 Chartered members; 27 Fellows and 18 students and affiliates

Future events

Coal mining to return to Whitehaven? West Cumbria Mining aim to construct the first new deep coal mine in the UK for 30 years. This evening talk will give you the opportunity to find out more about this new investment in our area. The event will be held at Florence Mine, the last hematite mine in Europe and part of the rich mining heritage in West Cumbria. **1830, 12th September 2018, Florence Mine, Egremont (free to attend, includes pie and peas supper)**

Cumbria Member Group Annual General Meeting, November 2018. Opportunity to come along and learn about our plans for the future and help us achieve our aims by joining our committee. Keynote speaker TBC