

From: How To Academy <[REDACTED]>

To: j <jeevacation@gmail.com>

Subject: James Rebanks on The Shepherd's Life (with his sheep). The Master of Trees: Thomas Pakenham.
And last chance to book for the Getting a Job workshop.

Date: Thu, 18 Jun 2015 15:38:42 +0000

How to: Summer Programme & Highlights

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30.06.2015

Evening Event, 7:00pm - 8:15pm

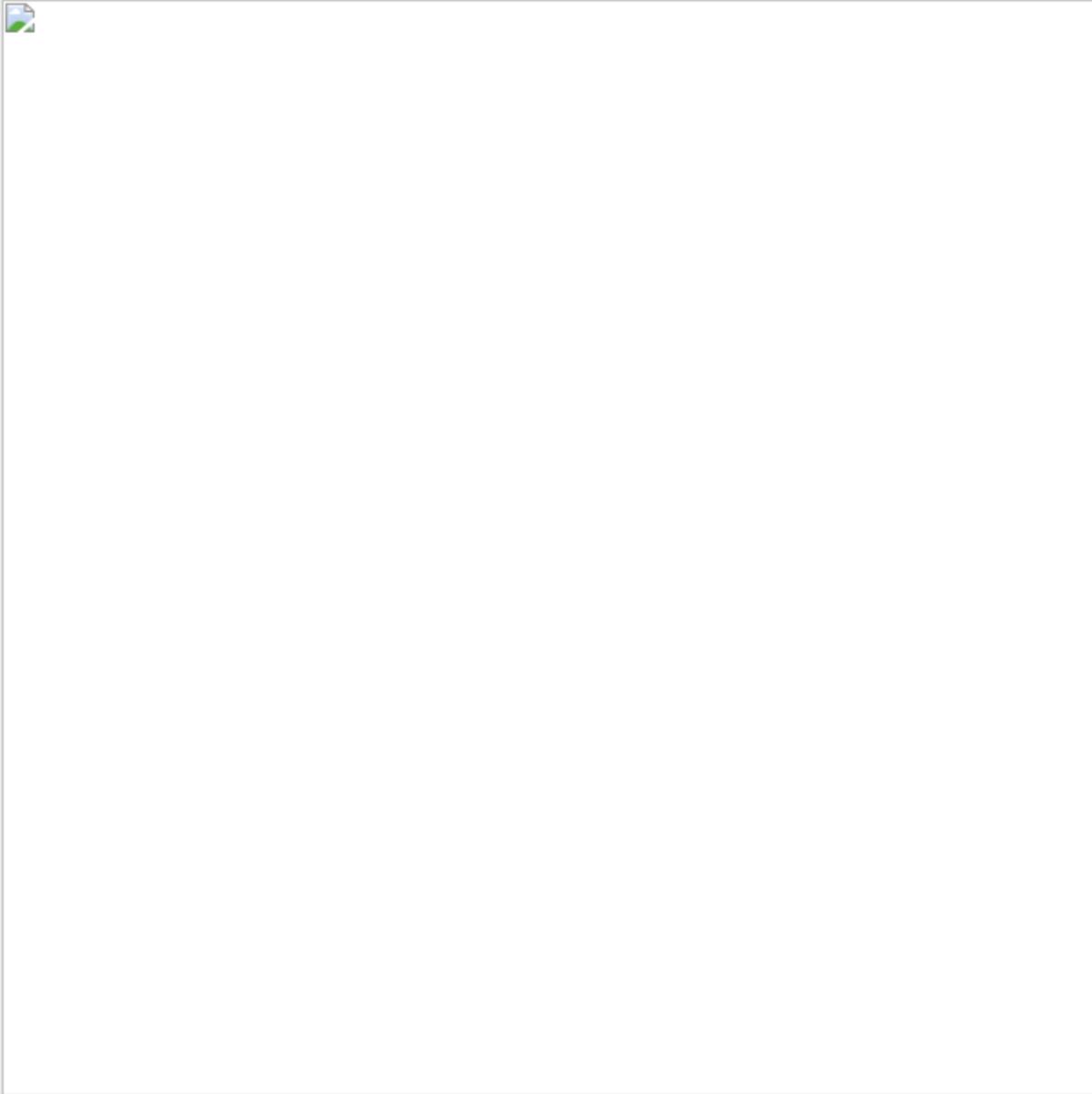
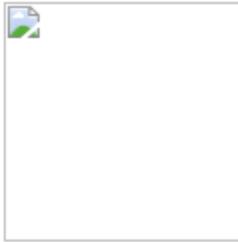
how to: James Rebanks on The Shepherd's Life

with James Rebanks

"Affectionate, evocative, illuminating. A story of survival – of a flock, a landscape and a disappearing way of life. I love this book." Nigel Slater

The Shepherd's Life opens a window into the life of a fell shepherd and the ancient landscape of the Lake District. It is about a way of life unchanged for centuries, the passing of the seasons, existence and endurance and about the intertwining of generations and the vulnerability of traditional farming communities.

Join us for a very special evening with James Rebanks – and two of his prize Herdwick sheep – on June 30th. It might be the best thing you do this summer. Follow James at 



LAST EVENTS



23.06.2015

Evening Event: 6.30 - 8pm

how to: Global Politics. The Future of the U.S, China, Russia and India.

with Graham Hutchings, Anand Menon, Desmond King

In this introductory evening to a 4-part Global Summit, How To Academy and Oxford Analytica will be focusing on the future of the Great Powers.

Using the innovative and inspiring format of Oxford Analytica's flagship Autumn Conference, the expert speakers will explore if Global power, whether defined in economic, political, military, ideological or other terms, is slipping away from the countries, sources of ideas and institutions where it has been located for the past few decades....

[Read more and book.](#)



24.06.2015

Evening Event, 6.30pm-8.00pm

how to: Make the Transition from City Life to Self-Sufficient Rural Living. (The 'Good Life' on a Smallholding.)

with Simon Dawson

Following a drunken misunderstanding one New Year's Eve, Simon Dawson inadvertently found himself leaving his lucrative life in London to start a smallholding on the wilds of Exmoor with his wife, Debbie. In this talk for the How To Academy, Simon will tell us how to up sticks and realise for ourselves 'The Good Life' and what adventures to expect along the way in transitioning from city to country life.

[Read more and book.](#)



29.06.2015 - 30.06.2015

Daytime Event, 9:30am-17:30pm each day with lunch break from 1-2pm

how to: Get a Great Job. A two day intensive Workshop.

with Anastasia Baker, Frances Wilson, Edie Lush, Jasmine Birtles, Judith Perle, Rachel Spedding, Tanya De Grunwald

How do I write a stunning application letter? How can I make my CV stand out? How do I secure an internship? How can I shine in an interview?

Don't despair: The How To Academy has the know-how

Building on the success of our Student Life-Skills jamborees, we have programmed a nuts-and-bolts, back-to- basics two-day boot camp to meet the needs of students about to graduate and University graduates starting out on the job market....

[Read more and book.](#)



AUTUMN LIFESTYLE



08.09.2015

Evening Event, 6:45pm-8:00pm

how to: The Mathematics of Love
with Hannah Fry

The roller coaster of romance is hard to quantify; defining how lovers might feel from a set of simple equations is impossible. But that doesn't mean that mathematics isn't a crucial tool for understanding love.

In this talk Dr Hannah Fry will take us on a fascinating journey through the patterns that define our love lives, tackling some of the most common yet complex questions pertaining to love: What's the chance of finding love? What's the probability it will last? How does online dating work, exactly? How can you avoid...

[Read more and book.](#)



24.09.2015

Evening Event, 6:45pm - 8:00pm

how to: The Company of Trees. (A Personal Journey with Thomas Pakenham)

with Thomas Pakenham

In this talk acclaimed historian and bestselling author Thomas Pakenham , the original Man of the Trees, will share his profound love of trees.

Drawing on his new book The Company of Trees Thomas will recount his personal quest to establish a large arboretum at his family estate, Tullynally in Ireland, his forays to other tree-filled parks and plantations, his often hazardous seed-hunting expeditions, and his efforts to preserve magnificent old trees and historic woodlands....

[Read more and book.](#)



AUTUMN BUSINESS



18.09.2015

Daytime Event, 9:30am-12:30pm

how to: Negotiate
with Gavin Presman

Do you have to negotiate in your business, family or personal life? Do you sometimes wonder whether you are getting the best deal for your business, your family, or yourself?

How to: Negotiate will teach you the proven strategies and tactics that professionals use to get more from every deal. It will show you how applying the simple principles of win/win negotiation will leave you richer in every area of your life.

This powerful workshop will engage and inspire you to take a new look at how you negotiate in all areas of your life. Designed following fifteen years...

[Read more and book.](#)



21.09.2015
Daytime Event, 9:30am-12:30pm
how to: Speak in Public
with Edie Lush

All of us have to do it – “say a few words” – at one time or another. Most of us are terrified by the thought of it. But don't panic. This three-hour workshop will enable you to make fear of your audience a thing of the past.

Does the prospect of addressing a roomful of people leave you weak with terror? Does your mouth dry up and your stomach turn over at the invitation to speak? Can you imagine a future in which you can stand up and speak to a crowd without feeling like a fool? Make your fear a thing of the past. This practical and interactive session...

[Read more and book.](#)



25.09.2015

Daytime Event, 9:30am-12:30pm

how to: Sell (The art of getting anyone to say yes to anything)

with Gavin Presman

Do you sometimes realise that your job relies as much on changing minds, as on your particular specialist skill? Do you sometimes struggle to get people to buy what you're selling, whether it's your product, your ideas, or even your personality? Have you ever wondered why some people can persuade others effortlessly?

How to: Sell Anything will transform your understanding and approach to selling, using practical and effective techniques to increase your influence. It will show you how we all rely on salesmanship: whether you're an account manager or an artist, an entrepreneur or an engineer – the secret of success is your ability to get a yes....

[Read more and book.](#)



AUTUMN TALKS



22.09.2015

Evening Event, 6:45pm - 8:00pm

how to: Emotional Intelligence with Daniel Goleman
with Daniel Goleman

Twenty years ago Daniel Goleman, a science reporter on the New York Times, published a book called Emotional Intelligence which explored how emotions are regulated in the brain. Goleman hoped that his findings might filter into the culture and effect the ways in which we think about success. Today, the Harvard Business Review has hailed emotional intelligence as 'paradigm-shattering' concept, and in schools across America EI has become part of the curriculum, with children being taught to respond empathetically to others, to identify what makes them stressed, and to explore the ways in which communication can resolve, rather than aggravate, conflict....

[Read more and book.](#)



If there's a course you'd like to take which isn't currently included in our programme, email us with the details of what you'd like us to organise and if there's sufficient demand, we will contact our extensive network of distinguished teachers, lecturers and writers to arrange a course tailored to your needs.



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