

From: How to Academy <[REDACTED]>

To: j <jeevacation@gmail.com>

Subject: Mother's Day Gifts- Qur'an, Changing your Habits, Weekend Retreat in Spain. And for graduates: how to find a Job.

Date: Tue, 10 Mar 2015 14:46:30 +0000

How to: Spring Programme and Highlights

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17.03.2015

Evening Event, 6:45pm-8:30pm

how to: Travel and Explore

with Philip Marsden, Andrew Robinson, Isabella Tree, Jonathan Keates, Justin Marozzi, Katherine Rundell

Welcome to our inaugural evening, in partnership with Globalista, the first of an

ongoing series at the Tabernacle. The Sense of Place will introduce travel writers, historians and explorers who will report for us on a rich medley of places and cultures.

Jonathan Keates on Lisbon A prolific celebrant of cities, composers and the joys of Italy, Jonathan Keates gives us his shrewdly affectionate...

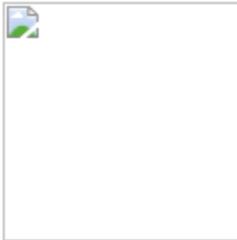
Isabella Tree on Nepal and the Living Goddess In a small medieval palace on Kathmandu's Durbar Square lives Nepal's famous Living Goddess...

Justin Marozzi on Baghdad 'Defiance and nostalgia are set in every stone,' writes Justin Marozzi of one of the great historic metropolises of the Middle East...

Philip Marsden on Ritual Landscape in Cornwall A different take altogether – on the unexplored place that is home, by the author of books about Ethiopia...

Andrew Robinson on India Andrew Robinson has been intimately engaged with the subcontinent for almost four decades. In his *India: A Short History* he ...

Katherine Rundell on the Amazonian Rain Forest Acclaimed children's novelist, associate editor of the nature writing journal *Archipelago* and tightrope walker...





HIGHLIGHTS



25.03.2015 *Last tickets remaining*
how to: Read the Qur'an
 with Mona Siddiqui

[Read more and book now](#)



13.03.2015
how to: Deliver Killer Presentations



16.03.2015
how to: Master your iPad & iPhone
 with Brad Clark
[Read more and book now](#)



19.03.2015
how to: Be Mindful (Introductory Workshop)
 with Louise Chester
[Read more and book now](#)



20.03.2015
how to: Get great publicity for your business – for free. (A Masterclass in doing your own PR)
 with Ann Wright

with Neil Chalmers

[Read more and book now](#)

[Read more and book now](#)



BUSINESS



31.03.2015

how to: Effective Networking for Business and Career Development

with Judith Perle

Are you as well connected as you could be? Do you regard networking as an 'optional extra'?

Networking is crucial. Only if you understand how networks really work can you capitalise on your communication skills, and not miss the opportunities that come your way. Whether you are looking for a new job, to keep your career on track, to improve your skills, or to enhance your profile, this masterclass is for you.....

[Read more and book now](#)



15.04.2015

how to: Build Your Readership & Publish Successfully. (A Masterclass in Marketing for writers and publishers.)

with Hellen Barbara

[Read more and book now](#)



23.04.2015

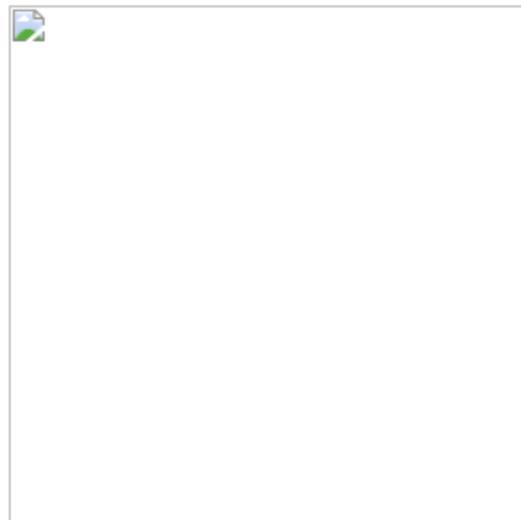
how to: Use Twitter for Business

with Chloe Markowicz

[Read more and book now](#)

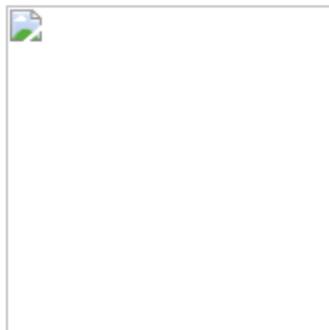


TALKS



13.04.2015

how to: Understand the Prime Minister of



21.05.2015

**how to: Ardennes 1944. Hitler's
Last Gamble**

with Antony Beevor

[Read more and book now](#)

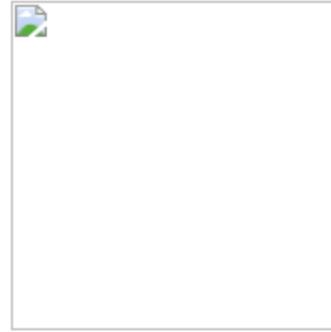
India – Narendra Modi. (And How to win an Election)

with Lance Price

Who is Narendra Modi and how did a 'chai wallah' who sold tea on trains as a boy become Prime Minister of India?

In this talk by Lance Price, the former Director of Communications at No 10 under Tony Blair, coinciding with his new book, " Inside Narendra Modi's campaign to transform India", we will gain insight into an extraordinary man. A teetotal, celibate vegetarian. A man for whom there are no sports, no hobbies, no family ties....

[Read more and book now](#)



11.06.2015

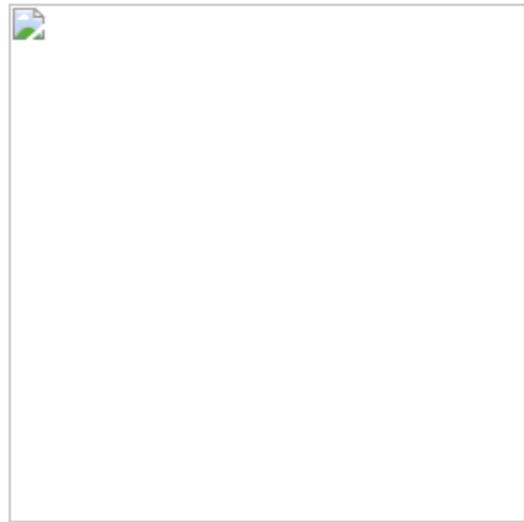
how to: Misbehaving- The Making of Behavioural Economics

with Richard H. Thaler,
bestselling co-author of Nudge.

[Read more and book now](#)



LIFESTYLE



26.03.2015

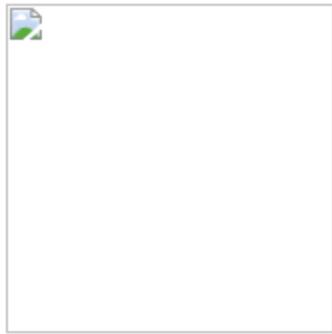
how to: Remember (A Memory Training Masterclass.)

with Ed Cooke

An introduction to the imaginative techniques and stories behind the ancient arts of memory. Ed will lead an interactive, practical tour through the world of memory techniques, with numerous examples of how to boost your memory, how to forget and how to make sense of memory in the modern world.

Ed is a co-founder of ██████████, the online learning platform, a Grandmaster of Memory, has been regularly placed in the top 10 of the world memory championships and holds degrees in Cognitive Science and Philosophy from Oxford University and from René Descartes University, Paris. In 2007 he trained Josh Foer to be US memory champion in a year, an experience immortalised by Foer in the best-selling Moonwalking with Einstein.

[Read more and book now](#)



14.04.2015

how to: Change our Habits and Change our Lives

with Gretchen Rubin

Due to the great interest in this talk, we have moved to a larger room in the same venue.

Additional tickets are now available.

[Read more and book now](#)



22.04.2015

how to: Speak in Public

with Edie Lush

[Read more and book now](#)



INSPIRATION



12.05.2015

how to: Inspiration. Moments of Insight that Shape Our World.

with William B. Irvine

Insights sometimes hit us like a bolt from the blue. For Archimedes, clarity struck while he was taking a bath. For Gustav Mahler, it came as the blades of his oars touched the water. And for Albert Einstein, it emerged while he was talking to a friend. Why do these moments of insight strike so suddenly? Why do they so often come to us when we are focused on something completely unrelated? And when great ideas “come to” us, where do they come from?

Drawing on his latest book – Aha!: The Moments of Insight that Shape Our World, philosopher William B. Irvine will talk about some of the great aha moments in history, from ancient times to the present day, and what they can teach us....

[Read more and book now](#)



FUTURE



30.03.2015

how to: The High Street, Out of Town Shopping Centres, Online – The Future of Retail

with Chloe Markowicz

Is digital killing the High Street? Chloe Markowicz will explore the threats and opportunities that retailers today face and explain how the High Street can remain relevant to shoppers in an increasingly online world. She'll demonstrate how retailers can convert browsers into shoppers by creating unique experiences and investing in convenience. Using case studies from the most innovative brands from around the world, Chloe will investigate how retailers are driving footfall in-store and giving people a reason not to shop on Amazon.

Chloe Markowicz is Deputy Editor of Contagious Feed - a bespoke intelligence resource that delivers strategic insight into brands and agencies around the world, including Diageo, Mattel, Razorfish, and BBDO. In addition to Feed, Chloe contributes to the award-winning quarterly Contagious Magazine, providing in-depth case studies on major global brands, company profiles and trend analysis features. She also regularly delivers tailored trend briefings and has spoken at events including the Contagious Now / Next / Why Sessions....

[Read more and book now](#)



WEEKEND RETREAT



28.05.2015 - 01.06.2015

Last tickets remaining

how to: Weekend retreat in Spain, near Seville

with Dr Lewis Dartnell, Paul Keegan

Join us for The How To Academy's end of May weekend retreat in Andalusia, the birthplace of Velasquez and Picasso, of Segovia – the father of modern classical guitar – and of the poet Lorca.

We will be staying at the astoundingly beautiful Trasierra – 'the hotel for people who don't like hotels' – a country retreat in the hills an hour north of Seville, a hidden estate with views across to the Mediterranean and Morocco. Set in ten acres of sculpted gardens, surrounded by orange groves, and nestling within several thousand acres of cork and olive trees, Trasierra is a world within a world.

The pattern of the days is as loosely organised as is necessary to soak up the genius of the place:

Arrive on Thursday or Friday, for cocktails and then supper. Friday and Saturday everyone is free during the morning and afternoon to swim, read, venture into the landscape, paint, do yoga and so on.

Before lunch on both days we'll explore aspects of Andaluz culture with Paul Keegan, the former editor of Penguin Classics, in the form of pre-lunch talks with questions.

In the evening, we'll meet at 8.30pm for cocktails and a pre-dinner talk from Dr Lewis Dartnell on the future of science, or astrobiology (the hunt for alien life), or what optical and auditory illusions teach us about the workings of the mind, or How to Rebuild our World from Scratch....

TO BOOK: PLEASE CONTACT [REDACTED] TO RESERVE YOUR PLACE. A 10% deposit will be required.

[*Read more and book now*](#)



STUDENTS



29.06.2015 - 30.06.2015

how to: Job Boot Camp (A two day workshop in finding a Job)

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.

With a team of brilliant coaches, we promise you the wisdom and advice you can get nowhere else. Sign-up to take the despair out of job-hunting and ensure you stay ahead of the game.

COURSE OUTLINE

The two day Boot Camp will start each day at 9.30am and finish at 5.30pm. There will be four 90 minute sessions per day with an hour's lunch break in between.

The 8 Sessions will cover:

How To: CVs – *how to present and sell yourself...*

How To: Internships – *what they teach you, and how they help your career...*

How To: Careers – *choosing one, finding vacancies in your dream field and staying motivated as your job hunt progresses...*

How To: Network – *networking and putting yourself out there in the right places....*

How To: Cover Letters – *how to wow with a sheet of writing....*

How To: Interviews – *what employers are looking for and how to steer the conversation....*

How To: Be Self-Employed – *creating your own job and changing the current landscape....*

How To: Impress Recruitment Consultants....

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