



UNDERSTANDING YOUR STRENGTHS

A strengths-focused session for students with disabilities and Specialist Peer Mentors

What

This is a welcoming, interactive session designed to help you recognise and grow your unique strengths. This workshop celebrates what you do well — shifting the focus from limitations to possibilities.

When

Wednesday 18 March 2026 2:00 pm to 3:30 pm

Where

GP101 Callaghan campus

Aims

This session will support you to identify, understand, and confidently use your strengths in study, career-ready placements, and future employment. Together, we will:

- **Explore your unique strengths**
and what energises you
- **Learn practical ways to use your strengths**
to boost performance and wellbeing
- **Identify what drains your energy**
and strategies for managing it
- **Build insight into the strengths of peers, colleagues, and managers**
to enhance communication and working relationships
- **Discuss strategies for disclosure**
if, when, and how you choose to talk about your disability
- **Understand workplace adjustments**
and how to request them in placements and professional settings
- **Clarify university supports**
available to you throughout your studies

Presenters

- Barbara Mackie, Employability Consultant, Careers Service, University of Newcastle
- Katy Lambert, AccessAbility Advisor, AccessAbility, University of Newcastle
- Kat Fordham, Specialist Peer Mentor and Co-Facilitator Social Group, Specialist Peer Mentor Program, AccessAbility

Register

via [CareerHub](#)

Enquiries

Please contact Barbara Mackie (barbara.mackie@newcastle.edu.au) if you have any questions.

Careers Service

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