



# RGU Alumni Bulletin

Welcome to the Alumni Bulletin, a monthly catch up on alumni news, opportunities and events

## Develop

We recognise that Covid-19 has brought challenges to many of our alumni and we are committed to supporting your personal and professional development throughout this period. As we continue to spend large amounts of our time indoors and face an increasingly challenging job market, there has never been a better time to develop your professional skills. eHub has a range of tools and resources to help support your development. Whatever stage of your career you are at and whatever your profession, eHub can support you in the next step of your journey.



### eHub - Business Skills

eHub has a variety of programmes and resources to support you in your career development. In this bulletin we take a closer look at the Business Skills section where you can brush up on everything from financial reporting to project management.

#### Business writing

Effective business writing skills are a key asset at every stage of your career, from the moment you write your very first cover letter and CV. Whether you are embarking on your chosen career or branching out into a new one, expressing yourself well sets you apart from the crowd.

eHub has an extensive range of writing guides and programmes to help you develop these skills, including business numeracy, report writing, working with statistics and much more.



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#### Change Management

Change management can be applied to a variety of situations such as downsizing, diversifying an organisation or even adding new technology. It is a vital process that helps employees to understand, commit to, and accept changes in their current business environment.

The Change Management section of eHub looks at why change is vital and how to accept and adapt to change. There's advice on implementing change, how to see the change through to the end and managing reactions.

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#### Presentations

Effective presentations and public speaking skills are an important part of both business and academia, however for many of us it can be a nerve-wracking and stressful experience. eHub can help you develop confidence and capability when delivering presentations.

eHub Presentation modules cover subjects such as introduction to presenting, preparation, using visual aids, improving your delivery skills and much more. You can also find a series of interactive courses that let you test your knowledge and sharpen your presentation skills.



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#### Project Management

Project management is more than simply tracking deadlines and setting a budget. An effective project manager takes control of a project from beginning to end, ensuring that initiatives and goals are strategically aligned.

In this section you will find programmes that will help you to develop your project management skills from agreeing the brief to implementing and reviewing the project.

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## Events

### The Future of Retail in a Post Covid Era

Our 'In Conversation With...' online discussion returns with Andrew Turnbull, Senior Lecturer in Communication, Marketing and Media at RGU, who will be taking a closer look at the future of retail within the UK market.

Crowded shopping centres and bustling high streets are now something of the past with social distancing embedded as the new norm. What will retail look like?



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### Quiz Night

Join Chris Moule from RGU's Entrepreneurship and Innovation Group for a fun-filled virtual quiz for our alumni on Thursday 9 July at 7:30pm. Test your general knowledge as he goes through the rounds to crown the champions.

Chris will be using Zoom to bring this quiz to your sofa, so get your team name ready, grab that pen and paper and remember no cheating! This is free to join and is all in the name of fun. Click the button below to register.

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## Alumni in Focus



### RGU Alumna develops CPR method for space

RGU Alumna and frontline NHS doctor Dr Christina Mackaill develops zero gravity method of cardiopulmonary resuscitation (CPR) suitable for astronauts in space.

The life-saving procedure involves counteracting the effect of gravity with physical movement when delivering CPR to achieve the correct pressure while in zero/micro gravity environments. The innovative method, developed under the supervision of Brazilian physician and space expert Dr Thais Russomano, has applications in a number of low gravity conditions such as the International Space Station where astronauts experience weakening bones and muscles. Christina presented the new technique to Nasa and the European Space Agency and even has aspirations of becoming the first Scottish woman in space.

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## RGU News



### New online workshops to support adapting businesses amid COVID-19

Do you have a business idea or are looking for support to take your business to the next level? Our alumni community have the opportunity to turn their ideas into reality through new online workshops at RGU which aim to support business creation and drive economic growth in communities.

The LINA Online Business Toolkit Workshop is part of the Libraries Innovation Network Aberdeenshire (LINA) initiative, which is designed to help existing and start-up businesses grow.

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### 'Startup Sunday' Virtual Event Celebrates Entrepreneurship and Innovation

The second cohort of RGU's Startup Accelerator was brought together for 'Startup Sunday' on 31 May in a unique interactive virtual celebration, where ten of the finalists battled it out for additional funding.

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### RGU partners with Medical Device Manufacturing Centre

RGU is part of a consortium of four universities across Scotland which has been awarded funding from the Advancing Manufacturing Challenge Fund (AMCF) to create a centre for medical device development and manufacture.

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### Rainbows are a symbol of HOPE - importance of Pride during COVID-19

Hamish Walker is the RGU student immigration manager and a member of the Rainbow Network. In his community story, he outlines his feelings on the importance of Pride during the current pandemic.

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### The Value of Mentee-Mentor Relationships

Joanne Lancaster, RGU Placement Officer, and Louise McDowell, RGU Academic Administration Manager, write about their experiences as mentee and mentor respectively and why they found it valuable.

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### Community engagement for impactful research: an island reflection

Elsa Cox, RGU's Orkney Project Development Manager and a member of the Rainbow Network, writes for the Press and Journal about engaging with a community for valuable research. Reflecting on RGU's experience in Orkney she identifies the type of support that research projects give places like Orkney and why it is important.

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### Keep in touch

To help us keep you informed about all the latest news from the University as well as ways to continue your involvement, please remember to let us know when you move home, change jobs or change your email address. You can easily update your details online [here](#).

You can also find out about the range of information and services that are available to you [here](#).

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