



# Tech Talks

## DEC 2025

Hey There! Welcome to our monthly newsletter - jam packed with helpful tips and meet ups local to you. Join us as we help recommend tools that are available to you and to stay up to date with the latest tips, bootcamps, courses and anything else we feel will be helpful with our tech journey!

### What's Next for TechUP?

Sign up for the next TechUP adventure!

[Artificial Intelligence: Foundations for Practice and Research](#)

This programme will be open to 100 learners through a choice of courses starting week commencing 12<sup>th</sup> January 2026:

Mondays – 9.30am-11.30am  
Tuesdays – 12.30pm-2.30pm  
Thursdays – 6.30pm-8.30pm

### Learner Links

Hot Tech Topics:

[Intro to Machine Learning](#)  
[Power Automate](#)  
[Build Web Apps](#)

[Article on Tech Classes - What Are They?](#)

### Did you know?

Last month TechUP launched a new monthly newsletter, TechUP: AI Insights, you can subscribe here: [Subscribe on LinkedIn](#)

### Want to be a Tech Up Rep?

Do you want to become a TechUP Rep?

Saara, Emilly and Aisha will be handing over the reigns from January. If you are interested add your name to the running [here](#).

### Mental Health Tips at Work:

- Ask for help, it's okay not to know!
- Never say yes if you're already overwhelmed with tasks
- Try to meet your colleagues and mingle (if you are remote, just schedule 15 min calls to introduce yourself)
- Make sure you take screen breaks
- Make sure you take time out to eat!
- Let your manager know about your progress, always schedule meetings with them to keep them up to date 😊
- Drink your water - stay hydrated!!
- Stand up every couple hours, take a 5 min walk around for blood circulation
- Make sure you sleep at a decent time

# Good-Bye 2025!

## Good-Bye Letters from Our 2025 TechUP Reps!

Dear TechUP Alumnae,

What can I say! It has been an absolute pleasure to be your Tech Up Rep for 2025. Thank you for the amazing opportunity and for believing in us all.

TechUP Women has changed my life and I have met some wonderful people. Every one of you have been an inspiration to me and helped me to step out of my comfort zone. You are all amazing and you will go far...just believe in yourself! I am always here for a chat!

~ **Emilly** 😊

Dear TechUP Alumnae,

It's been an absolute 'pleasure working, serving and representing all Techup Alumna. I enjoyed having private chats with some of my colleagues and realised everyone had a story, seeing everyone driven by different things was such a privilege.

I just want to say keep going, keep applying for those jobs, keep the drive fueled, trust your guts.

I have always believed what ever you want to achieve you need to believe first. Still here and available always.

~**Aisha**

Dear TechUP Alumnae,

Thank you so much for giving me the honor to serve as your Rep for 2025. I had an amazing time meeting you all, esp speaking at our Welcome and Graduation Ceremonies. I can see this community is made up of such strong, driven, and passionate women. I wish you nothing but the best - personally & professionally. Always be true to yourself, never settle & never give up. Please keep in touch!

~ **Saara xox**

## TechUP Messages

Hi TechUP Alumnae, I hope that you have a lovely Christmas break with friends and/or family. It's one of those times in the year that hopefully give you a little pause to think about what comes next. So, after the presents are opened and the food eaten perhaps give a thought to your new year's resolutions.....a new course, new networking events or applying for a new job. Or just deciding you are in exactly the right place for now but want to carry on developing your knowledge. Anyway, have a good time and enjoy yourself, you deserve it.

**Paula**

2025 has been a big year for the team at TechUP with Click Start coming to an end and the launch of our new AI training programme, but our success wouldn't be possible without our amazing alumnae community, sharing your stories, recommending our programmes, and offering your support through volunteering and mentoring. It's been another wonderful year working with you all and I look forward to what 2026 will bring for you. I hope you all have a lovely festive period and wish you all the best for the new year!

**Johanna**

Wishing all our amazing TechUP alumni a joyful Christmas and a bright, inspiring New Year. Thank you for being part of a community that continues to change the face of tech through resilience, talent, and mutual support. As we look ahead to new opportunities in 2026, remember the spirit of TechUP and the strength you carry forward. Keep going, keep in touch, keep lifting others.

**Alexandra**

I can't believe it's almost the end of 2025 already, an amazing 7 years since we first sent in the proposal to fund our first TechUP programme and look how far we have come since then. Almost 600 women have now gone through one version or another of our TechUP programme and we are so proud of each and every one of you.

You are all part of the ever-growing TechUP family I hope you have a fabulous Christmas break and look forward to catching up with you in the new year!

**Lots of love, Sue x**