

TECHUP WOMEN NEWSLETTER

[HTTPS://WWW.TECHUP.AC.UK/TECHUPWOMEN/](https://www.techup.ac.uk/techupwomen/)



What's New?

July is all about building your professional brand. Whether you're applying for roles, growing your network, or advancing your career, how you present yourself can open new opportunities.

This month, we're spotlighting **Personal Branding** —a key skill that helps you stand out and showcase your unique value.

Webinar Week is here! From **6–10 July**, Join a series of inspiring webinars including an alumnae led session covering career journeys, tech insights and professional development. Be sure to check out the full schedule..



Skill of the Month

What is Personal Branding?

The way you present your skills, experience, and professional identity to employers and your network.

Common Uses:

- LinkedIn Profile
- CV & Applications
- Networking
- Interviews

Tools:

LinkedIn • Canva • Microsoft Word • ChatGPT

Free platforms to learn SQL:

LinkedIn Learning • Microsoft Learn • Coursera • FutureLearn



<TechUPWOMEN>

Wednesday July 1, 2026

What's Coming in July



Tech Events

FREE AI Integrated Data Engineering Bootcamp

Online event

Monday, July 6 • 3:30 PM – 5:30 PM GMT+1

What startups need to know about AI

Online event

Multiple dates

AI Tech Talk: Preserving Human Intent in Agentic Engineering

LinkedIn Learning

Mon, Jul 27, 2026, 5:00 PM – 5:45 PM

Check out our latest blog post from TechUP: **"The Systems We Live In and the Systems We Build: AI Journey of a TechUP Learner"** by Sebastian Moore

Tech Opportunities



User Experience (UX) Design and Artificial Intelligence (AI) with The School of UX

Course start date: Flexible



Level 2 Certificate in Understanding Coding

Deadline: currently open



Certificate in Data, Data Technician (Level 3)

Course start date: Flexible

[Find more opportunities](#) ►



Alumni Spotlight Gloria Ifieme

Current Role: *Clinical Trials Associate*
TechUP Women Cohort: April 2025

What do you do in your role? I support the delivery of research studies by identifying, recruiting, and managing participants in line with research protocols and local policies.

Your journey into tech: I am a mum of two and I believe in raising happy, responsible children. As such, when I thought about the future and what I wanted for myself and my family, I realised that moving into a tech-related role could open up more opportunities and flexibility. Joining the TechUP Women programme was a turning point for me. It gave me the confidence, knowledge, and support I needed to start exploring the tech industry.

One challenge you faced and how you overcame it: Balancing family life, work, and studying. I overcame this by staying focused on my goals, creating a realistic study schedule, and making the most of the time I had available.

One piece of advice for other alumnae: Be decisive and make yourself available for opportunities. You can only be given a shot at success if you put yourself forward. Don't be afraid to challenge yourself, try something new, or step outside your comfort zone. Growth often happens when you take that first step, even when it feels uncomfortable.



<https://www.linkedin.com/in/gloria-ifieme>

Interested in being featured? Reach out to the Community Reps!

Tech News

AI continues to transform the workplace

More organisations are using AI tools to improve productivity and everyday tasks.

Digital skills remain in demand

Skills in data, business analysis, cloud, and cybersecurity continue to be highly sought after.

Networking is opening more doors

Virtual events and online communities are helping professionals connect with employers and mentors.

Tech & Wellbeing



Protect Your Muscular Health

Long hours at a desk can strain your body over time. A few small habits help keep your posture strong and your muscles supported.

- **Set up a neutral spine:** Keep your screen at eye level, elbows at 90°, and feet flat. A laptop stand with an external keyboard helps reduce neck and shoulder tension.
- **Move every hour:** Take quick mobility breaks. Shoulder rolls, a short chest stretch and a wrist stretch can keep you fit.
- **Strengthen your posture muscles:** A couple of short sessions each week with rows, dead bugs, glute bridges, and planks can reduce stiffness and protect your back and shoulders.



Tech Careers Fair

Youth Employment Week

Resources for Employers, Educators & Supporters

On 6th - 10th July 2026, thousands of young people, employers, educators and supporters will come together to celebrate youth employment and champion a future where every young person can thrive.

 [Register Now](#)



Ask the Reps

Got questions? Ask the Reps!

- Have any questions, suggestions or want to share feedback? Let us know!



SCAN/TAP TO ASK

<https://forms.gle/ndWc3k7Dt6WGypTf7>