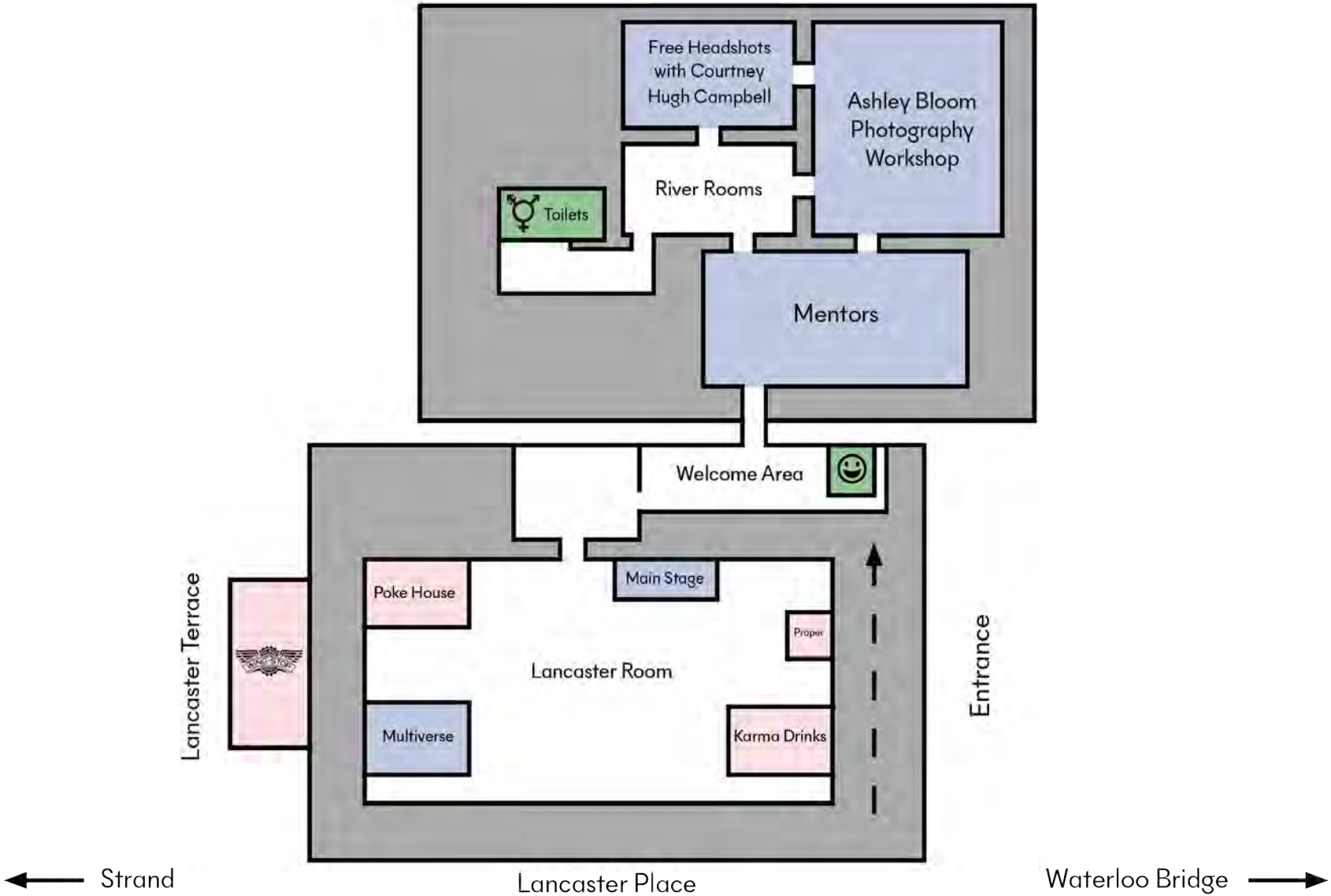
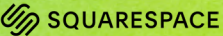




Upgrade
yourSELF
Festival

powered by



FLOOR PLAN

PROGRAMME SCHEDULE

powered by  SQUARESPACE

**Lancaster
Main Stage**

**Lancaster
Side 1**

**Lancaster
Side 2**

**Breakout
Space**

**River Rooms
Space 1**

**River Rooms
Space 2**

**River Rooms
Space 3**

**Lancaster
Terrace**

10.45

Doors

TALKS

WORKSHOPS

10.50

Intro from
Suprina Thapa

11.00

Habiba Katsha
(Huffington Post):
Building a Freelance
Portfolio

Free food + drink
from:
Poke House
Proper
Karma Drinks

Live jobs board,
application clinic and
workshops by **Multiverse**

Film screenings

1:1 / 2:1 mentoring
sessions with:
Bola Sol -
Merky Books

Professional
photography with
Ashley Bloom

Free headshots for your
professional
profile - shot by fashion
photographer
**Courtney Hugh
Campbell**

Free food from
Wingstop

11.30

Run the Check: How
to Run the Check - a
creative crash course
on figuring it out (and
paying the bills!)

12.00

Ibrahim Kamara (GUAP
Magazine Co-founder) in
conversation with
Suprina Thapa

12.30

Camille Lesforis of
The Black Wellbeing
Collective: Let's Talk
Burn Out & Self Care

13.00

Break

Break

Break

Break

Break

Break

Break

Break

13.45

Intro from
Suprina Thapa

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photographer
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Campbell**

Free food from
Wingstop

14.00

Habiba Katsha
(HuffPost): Building a
Freelance Portfolio

14.30

Run the Check: How
to Run the Check - a
creative crash course
on figuring it out (and
paying the bills!)

15.00

Tyreis Holder (Artist
& Poet) in conversation
with **Suprina Thapa**

15.30

Camille Lesforis of
The Black Wellbeing
Collective: Let's Talk
Burn Out & Self Care

