



# Caroline Bedford

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thrive.dxc



Meal Plan  
**#091**  
60 mins

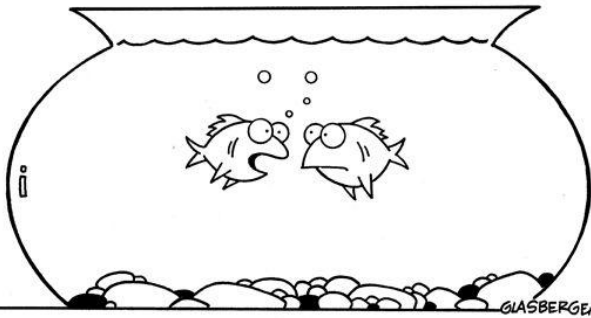
## Starters 15 mins

**Snack, Cackle & Pop..... 2 mins**

**Snack:** Before we begin, grab a snack!

**Cackle:**

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“A glass house full of stones...no wonder our homeowner’s insurance is so expensive!”

[De Cotta Law](#)

**Pop:** Stemillions playlist on Spotify:

[bit.ly/stemillionsplaylist](http://bit.ly/stemillionsplaylist)

**Meet Her..... 5 mins**

Caroline runs the DXC Digital Minds program, which engages hundreds of insurers and brokers in the transformation process. Working closely with digital experts within DXC Technology, DXC Digital Minds helps insurance organizations understand digital challenges and opportunities, and allows them to build a platform to succeed in a changing marketplace.

**Discuss:**

- ★ What is your favourite piece of tech?
- ★ What do you think your life would be like without tech?

## Mains 40 mins - choose ONE only

**MAKE..... 40 mins**

**Ingredients:** pens, plain paper, colouring pencils.

Around the world, people use different currencies, to buy & sell things. Each one has its own name, symbol & value. Now, make your own currency.

1. Create different shapes of coins from plain paper. Different coins will be worth different amounts. Make different size rectangles for notes.
2. Coins & notes have symbols on them. Make up a name & symbol for your currency.
3. Decide what amount each coin or note will be worth. Decorate the money with pictures & colour.
4. Some money has important people on it, such as leaders, writers or inventors. Include your favourite role models on your currency. How can you make your currency different and innovative? Perhaps your notes and coins can be made of sustainable materials? Maybe it has some technology integrated into it?

**EXPLORE..... 40 mins**

**Ingredients:** pens, plain paper, colouring pencils.

Caroline LOVES technology. In this activity we will see how much tech we use in our lives. Firstly, how many pieces of technology can you find around your home? You have 1 minute to find as many as possible. Now imagine you have to combine all of these pieces (or as many as possible) into one piece of super tech! Draw your super tech item and present your ideas to everyone.

## Desserts 5 mins

**Share with us ..... 1 min**

Upload photos on [Twitter](#) or [Instagram](#) and tag @Stemettes and #Stemillions.

**Ask Away..... 2 mins**

Got a question? Ask Away! [bit.ly/Ask-Away](http://bit.ly/Ask-Away)

**Digest..... 2 mins**

Digest this Meal Plan - fill out the feedback form.