

A brand-new program designed to help guide us post pandemic

SELF LEADERSHIP ESSENTIALS (SLE)

Boosting our Resilience

Currently organisations and their leaders are concerned about the impact of the pandemic on the health and wellbeing of their people.

OBJECTIVE OF WORKSHOP

To equip people with the skills, tools and determination to reset their lives now and for a better future.

CONTENT

- **Adopting 2 Habits of Highly Effective People (Stephen Covey)**
Being Pro Active and operating in our Circle of Influence
Putting First Things First and determining our top 6 Values to live by.
Do we have a Personal Vision?

Do we have a Fixed Mindset or a Growth Mindset?
Learning to be a Learner from the crisis and committing to Life Long Learning
- **Realising our Strengths**
What capabilities have got us to where we are today?
What Emotional Intelligence Competencies can we build on now and in the future?
Assessing our Higher Intelligences with emphasis on Being Vision and Value Led, Positive Use of Adversity, Reframing and Field Independence.
- **Techniques for Reflection/Journaling/Mindfulness**
Action Plan.

This Program can be conducted to suit Participants:

Half Day Public Workshop
One on One Coaching
In House Program

Half day public workshops

BALLARAT: Wednesday February 9 OR Wednesday February 16 (9am-12.30pm)

MELBOURNE: Friday January 28 OR Monday February 21 (9am-12.30pm)

Investment

Half day workshop \$325 plus GST
One on One coaching \$250 plus GST
In-House Program (up to 12 People) \$1,800 plus GST

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REGISTRATION FORM

2022 DATES	
Ballarat	Wednesday February 9 OR Wednesday February 16
Melbourne	Friday January 28 OR Monday February 21

Details

Participant	Name	_____
	Organisation	_____
Contact	Phone	_____
	Email	_____
Venue	To be confirmed	

INVESTMENT: \$325+ GST per participant

PAYMENT METHOD



Electronic Funds Transfer

Pease note an invoice will be raised and sent to you on receipt of registration

Facilitator: Robert J Re – details at <https://www.leadershipatwork.com.au/about>

CANCELLATION POLICY:

Terms and conditions for training refunds require written notification of cancellation five working days prior to the course date and a 20% service fee will be charged to cover administrative costs. Later cancellations will incur a charge of 50% of the fee to cover lost revenue. Participants may be substituted at any point prior to commencement of the program at no additional cost.

Please forward with completed Registration Form to:

Belinda Fyffe
46 Lydiard St Sth, Ballarat Central 3350
hr@theprovingroup.com.au