# Adaptive Leadership Skills Workshop

5, 12 & 19 Jun | Online



## Achieve peak performance to lead with impact and propel career success

- · Explore resilience tools to effectively navigate setbacks
- Gain an understanding of Emotional Intelligence (EQ) and its significance in personal and professional contexts
- Develop practical strategies for effective communication
- Craft a personal action plan to apply your newfound skills in various real-world scenarios

Three concise half-day sessions for fast-track learning and practical implementation

#### THE AGENDA

#### Day 1

5 JUN | 9:00 - 12:30

Thriving Through Change:
Resilience, Performance & Mental Health

- Navigating through personal and professional change
- · Embracing a resilient mindset

#### Day 2

12 JUN | 9:00 - 12:30

#### **Enhancing Emotional Intelligence**

- Emotional Intelligence (EQ) essentials
- · Applying EQ in a team environment

#### Day 3

19 JUN | 9:00 - 12:30

#### **Navigating Difficult Conversations**

- · Preparing for challenging conversations
- Tackling conflict and promoting collaboration

#### YOUR FACILITATORS



Melissa Harries Principal Psychologist Mindset Psychology



Amy Stewart

Leadership & Organisational Development Specialist

Amy Stewart Learning and Development



**Caroline New** 

Leadership Trainer, Executive Coach/ Assessor & Corporate Communications Consultant

**Quantum Values** 

#### **GROUP DISCOUNTS**

3 - 4 Attendees

10%

5 - 7 Attendees

20%

8 - 9 Attendees

25%

10+ Attendees

**30%** 

#### **BOOK NOW AND SAVE**

**Rapid Action** 

**Save \$400** 

Ends 31 Jan

Value Plus

**Save \$200** 

Ends 23 Feb

**Super Saver** 

Save **\$200** 

Ends 22 Mar

**Early Bird** 

**Save \$100** 

Ends 24 Apr



### Adaptive Leadership Skills Workshop 5, 12 & 19 Jun 2024 | Online

#### **BOOKING FORM**

Event Reference: ADLW0624A - O Priority Code: I

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Organisation N	lame				
Address			Suburb	State	Postcode
Booking Conta	ct Information				
Title Fu	ll Name	Position	Email	Pho	ne
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Pricing	3				
Ends 31	Jan	Ends 23 Feb	Ends 22 Mar	Ends 24 Apr	
Rapid Action Save \$400		Value Plus	Super Saver	Early Bird	Standard
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