

# WOMEN IN LEADERSHIP WORKSHOP

ESSENTIAL SKILLS & TOOLS TO ENHANCE YOUR EFFECTIVENESS AS A LEADER



20 - 21  
FEBRUARY 2020  
SYDNEY

## EXPLORE

- ▶ Develop your individual leadership style
- ▶ Build confidence & influence
- ▶ Improve self-awareness & self-reflection
- ▶ Master the art of confident communication
- ▶ Learn to navigate change & uncertainty
- ▶ Understand & manage unconscious bias
- ▶ Difficult conversations & managing conflict
- ▶ Explore individual & team motivation
- ▶ Gain strategies for employee engagement
- ▶ Learn to self-promote & progress your career
- ▶ Write your personal leadership plan

## EXPERT FACILITATOR



Dr Karen Whittingham  
Director  
Impact Psychology Pty Ltd

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## ABOUT THE EVENT

Women remain critically underrepresented in senior executive leadership roles, and yet diversity is proven to be a key component to unlock innovation and performance, leading to better business outcomes. Greater participation of women is the first step to improving diversity and the benefits it provides to the organisation. The corporate world has seen a slight increase in senior women leaders in recent years, but this current growth is still not enough to attain the benefits provided by gender diversity.

To increase the number of women represented in senior executive leadership, it is essential to equip aspiring leaders with the critical tools for leadership success. Women must be able to identify the opportunities for career advancement, build supportive networks, remain resilient through change, and continuously cultivate their leadership skills.

The Women in Leadership Workshop will offer an inspiring learning and networking platform. The event aims to provide existing and emerging leaders with the strategies and skills required to excel in their careers.

## WHO WILL ATTEND?

Advocates for change, established, emerging and aspiring women leaders in a variety of industries and roles, including:

- ▶ Executives and Managers
- ▶ Directors / General Managers
- ▶ Team Leaders
- ▶ Human Resources
- ▶ Leadership / Executive Development
- ▶ Diversity and Inclusion Managers

## YOUR FACILITATOR

Karen is one of Australia's leading executive management and leadership development specialists who has worked with thousands of executives to transition them into senior executive roles quickly and effectively. She is an Organisational Psychologist passionate about people's success and facilitating their careers to rise. Karen's workshops are best described as practical, hands-on, personally relevant and enjoyable. Currently lecturing in Organisational Psychology at UNSW, she researches leadership, assessment, learning and performance as well as innovation. A person with a passion for making an impact quickly, she bases her workshops on current evidence and its application.

Organisations seek out her guidance across a range of project areas including leadership development, team building, business strategy, and innovation and change interventions. She is often working with the talent pools of many of Australia's leading multinational, ASX listed and public sector firms as a coach, facilitator and researcher. Karen has high level senior executive experience in directing and managing large teams and leading sales and customer service functions both on and off shore (including experience managing JV partnerships across 8 cities in China). She is also a start-up advisor.



**Dr Karen Whittingham**  
Director  
Impact Psychology Pty Ltd

## 20 FEBRUARY DAY ONE

### Develop self-awareness and authenticity

- ▶ Values-based leadership - what it means to be an authentic leader
- ▶ Identify your key strengths and potential de-railers as a leader
- ▶ Identify how best to utilise your optimal leadership style within the context of your organisation

### High level communication, influence and negotiation skills

- ▶ Manage emotions for positive and assertive communication and relationships
- ▶ Develop techniques of persuasion, negotiation and influencing with coaching skills and "conversational intelligence"
- ▶ Prepare for and have difficult conversations with confidence

### Develop self and others with "reflective leadership"

- ▶ Clarify the benefits of reflective practice in leadership
- ▶ Develop the skills and capacity for reflective practice
- ▶ Using reflective practice to influence the quality of the culture through the quality of relationships

### Strategic career progression

- ▶ Everyday career management practices and creating a personal leadership plan
- ▶ Maximise existing relationships and networks and building new ones for professional opportunities
- ▶ Skills and approaches to manage your image and visibility without feeling you are "selling yourself"

## 21 FEBRUARY DAY TWO

### Transformational leadership strategies to accelerate team performance

- ▶ Leverage team dynamics to enhance performance
- ▶ Challenge, support and empower others
- ▶ Manage uncooperative staff members

### Drive change and innovation as a female leader

- ▶ Recognise and overcome hurdles to change
- ▶ Trust your intuition and step outside your comfort zone
- ▶ Embed a positive change culture in your organisation

### Remain productive in a crisis

- ▶ Build resilience to thrive under pressure
- ▶ Support your team and engage others to deliver
- ▶ Debrief after crisis - provide and accept feedback

### Action planning for leadership

- ▶ Develop a personalised approach - short and long-term
- ▶ Understand challenges
- ▶ Share approaches to move your career forward

