# TERTIARY EDUCATION WOMEN'S LEADERSHIP WORKSHOP

DEVELOPING, PROMOTING & ENABLING WOMEN'S LEADERSHIP EXCELLENCE

## 25 & 26 SEPTEMBER CROWNE PLAZA AUCKLAND

### EXPLORE

- Unlock your unique strengths as a leader
- Establish an authentic leadership style
- Explore the neuroscience of mindfulness
- Manage your leadership presence by walking your talk
- Build better communication & relationship skills
- Recognise how stress increases negativity (risk-focus & unconscious bias)
- Learn to differentiate between 'survive' & 'revive' states & build resilience
- Boost your Emotional Intelligence (EQ) with deep self-awareness
- Develop greater self-awareness as a leader in tertiary education

### **EXPERT FACILITATOR**



Kerene Strochnetter Managing Director Mindful at Work Ltd.

## BOOK AND SAVE!

\$800 BOOK AND PAY BEFORE 26 JULY 2019 TO SAVE UP TO \$800

**START YOUR LEADERSHIP JOURNEY! Call** +64 9 927 1500 **Priority Code -** |



## ABOUT THE EVENT

Women equate to 83 percent of tertiary graduates within New Zealand; however, they are under-represented both in senior leadership positions and on boards. The benefits of diversity are well known and it is therefore imperative to identify catalysts that will redress gender inequality within the workplace. Leading and managing in the evolving Education environment brings challenges few other professions experience. Without effective self-care strategies, it is becoming increasingly difficult to deliver excellence at work. While improving time management, prioritising, or learning new systems is useful, the most effective leaders know how to take stock of themselves and their emotions. Implementing effective focusing techniques like mindfulness develops strong selfawareness and self-regulation, so you can be the best leader you can be.

In this workshop, you will be encouraged to think about your organisation holistically and to understand the opportunities and avenues in which you can be an effective change agent. Expert facilitation will allow you to explore the unique skills required to lead effectively in education. Practical and interactive sessions will equip you with the strategies and techniques to enable you to reach your full potential, to pursue your chosen career path and to achieve success.

## WHO WILL ATTEND?

Advocates & emerging leaders in Education - in both academic & management / governance positions including:

- Professors / Associate Professors / Academics / Researchers
- Lecturers / Senior Lecturers
- Deans / Heads of School / Faculty
- Management / University or ITP Governance
- Women's Leadership Program Managers
- Human Resources / Diversity
- Education Policy / Government
- Secondary School Business Management / Principal / Heads of Department

### YOUR FACILITATOR

Kerene has an extensive professional background as a Registered Nurse, Principal Lecturer, Academic Leader, Executive Coach and Career Management Consultant. As a Head of Department within the Tertiary Education Sector in New Zealand, Kerene excelled at leading teams through change for 7 years.

After experiencing the personal benefits of mindfulness and the seeing the advantage of combining mindfulness with coaching, Kerene trained as a mindfulnessbased meditation teacher and launched the business 'Mindful at Work' in 2016. Kerene is passionate about people understanding that mindfulness is far more than improving focus and reducing stress. It's the core leadership skill. Her one-on-one coaching clients include Chief Executive, Senior and Middle Managers.



Kerene Strochnetter Managing Director Mindful at Work Ltd.

### 25 SEPTEMBER DAY ONE

### Mindfulness for leadership growth

- Gain insights into thought processes and the impact of 'Default Mode' thinking
- Understand how to 'do' mindfulness meditation practical application exercises
- Create a mindfulness strategy and values-based personalised leader plan to work on

### Managing autopilot - Showing up in your life and work

- ► Recognise the importance of being present more often
- The benefits and impact of autopilot (Default Mode Network)
- Understand how mindfulness practices interrupt autopilot

### Metacognition - The power of choice

- Get some distance between you and your thoughts
- The role of metacognition in self-regulation and stress management
- Understand the primary importance of self-awareness as a leader

### Getting perspective - Seeing what's there

- Understanding the power of perspective
- Being more curious by accessing 'beginner's mind'
- Recognising unconscious bias and how mindfulness makes the unconscious conscious

### 26 SEPTEMBER DAY TWO

## Build great relationships - Become a firm but fierce leader

- How communication builds trust and creates a positive culture of engagement and success
- Understand the importance of mindful listening and the power of intention to get positive outcomes
- Confidently manage conflict and execute difficult conversations

### Being like Teflon - Reacting versus responding

- Understand how stress affects your leadership (the impact of stress on the mind)
- Self-regulation and building resilience
- Respond effectively to demanding environments within tertiary education

### Peak Performance - Be your best

- Taking a solution-focused mindset
- Trust your instincts accessing and attuning to your intuition
- Tools to improve your team's engagement

### Staying mindful - Knowing your patterns

- Leading into the future with values-based leadership
- Be more decisive and courageously act in line with your values
- Practical tips to keep you on track with daily success rituals

#### **Tertiary Education Women's Leadership Workshop**

### 25 - 26 September 2019

### Crowne Plaza Auckland

## **Booking Form**

Event Reference: HLM0919Z - A Priority Code: I

### i Registration Information

Organisa	Organisation Name						
Address		Suburb	State Postcode				
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#### 🚽 Your Investment

<b>Options</b> (per person) Qty		Value Plus Rate Register and pay by 26 July		Super Saver Rate Register and pay by 16 August		Early Bird Rate Register and pay by 6 September		Standard Rate		
	Worksho	qc	\$1995 + G	ST = (\$2294.25)	\$2395 + GS	T = (\$2754.25)	\$2595 + GST = (\$2984.25)		\$2795 + GST = (\$3214.25)	
Discounted off standard rates :		Save u	Save up to \$800		o to \$400	Save up to \$200	AI	All Prices listed in NZ Dollars		
	Group Discounts Available:	<b>10% off</b> <b>Standard Rate</b> Team of 3 - 4	<b>15% off</b> <b>Standard Rate</b> Team of 5 - 7	20% off Standard Rate Team of 8 - 9	25% off Standard Rate Team of 10+			TOTAL incl GST		

Conditions: Group Discounts apply for bookings made simultaneously. Only one discount applies. Group discounts apply to standard rates only. Group discounts are not applicable to Value Plus, Super Saver and Early Bird rates. Discounts cannot be applied retrospectively and must be claimed at the time of booking. Liquid Learning Limited reserves the right to have sole discretion on an organisation's eligibility for discounts. Note: Course materials, erfreshments & lunches are included. Travel and accommodation are NOT included. Registration Options are per person only.

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Cheque (payable to Liquid Learning Limited) Electronic Funds Transfer	Note: 2% surcharge applies to American Express payments	Account Name: Liquid Learning Limited Account No: 03 0252 0863638-00 SWIFT Code: WPACNZ2W	
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Purchase Order No. #	CVV Full Name as on card		Please quote ref HLM0919Z - A and registrant name
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Email		Signature X	Date

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