

# South Australia Women in Leadership Workshop

An engaging opportunity to enhance your effectiveness as a leader in an evolving professional landscape



## EXPLORE

- Develop your individual leadership style
- Build confidence to lead authentically
- Master the art of confident communication
- Enhance your ability to influence
- Understand workplace bias and how to navigate it
- Cultivate conflict management skills
- Practical strategies to motivate individuals and teams
- Explore culture building and positive engagement
- Develop skills for self-promotion and career progression
- Create your own personal leadership plan

## EXPERT FACILITATOR



**Miriam Henke**  
Health Psychologist,  
Executive Coach, Director  
**Miriam Henke Consulting &  
Lifespan Dynamics Pty Ltd**



28 & 29 March 2019  
**Adelaide**



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# South Australia Women in Leadership Workshop

## BACKGROUND

It is a well-known fact that women remain critically underrepresented in senior leadership roles. A greater participation of women enhances diversity and has been proven to be a key component for better business outcomes. The corporate world has seen a slight increase of women as senior leaders in recent years, but this current growth is not sufficient 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 distinct tools for leadership success. Women must be able to identify opportunities for career advancement, build supportive networks, remain resilient through change, and continuously cultivate their leadership skills.

The Women in Leadership Workshop is 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.

## Day One

### Developing authentic leadership

- Developing self-awareness and authenticity
- Identifying and evaluating your key strengths as a leader
- Trusting your instincts and accessing your intuition

### Refining your leadership skills

- Building your unique strengths
- Influencing with integrity
- Cultivating a high-performing mindset
- Leading with purpose

### Building confidence and resilience

- Strategies to build and radiate confidence
- Developing resilience
- Developing your cohort of support to be yourself

### Internalise your leadership identity

- Self-empowerment to underpin career progression and risk-taking
- Developing an authentic leadership voice
- Connecting leadership and wellbeing

## INTRODUCING YOUR FACILITATOR



### Miriam Henke

Health Psychologist, Executive Coach,  
Director

Miriam Henke Consulting & Lifespan  
Dynamics Pty Ltd

Miriam Henke is an established, industry-leading Executive coach and psychologist. Her research and clinical practice have helped her discover the secrets of happiness, wellbeing, great health and achieving the potential of the human mind. Having extensively studied, researched and practised in the fields of psychology and coaching, Miriam has been helping individuals flourish for over 10 years, and her passion for health and wellness has seen her head up a number of health-based businesses under the umbrella company, 3 Positions Pty Ltd.

## Day Two

### High-level communication skills

- Knowing and leveraging your communication style
- Developing and communicating confidence, poise and assertiveness
- Managing conflict and having difficult conversations with confidence

### Building a high-performance team

- Developing and managing a high-performance team
- Techniques, tools and channels to boost motivation
- Creating a positive culture of engagement and success

### Driving your team forward

- Gaining greater influence as a team leader and managing challenges effectively
- Exerting greater influence
- Responding effectively to a demanding environment

### Strategic career progression

- Skills for self-promotion and accelerated career progression
- Understanding and overcoming workplace bias and negative cultures
- Achieving improved leadership performance with a personal action plan

**More people? More savings!**

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