

WOMEN IN EDUCATION LEADERSHIP WORKSHOP

DEVELOPING, PROMOTING & ENABLING
WOMEN'S LEADERSHIP EXCELLENCE



3 & 4
DECEMBER 2019
CLIFTONS WELLINGTON

EXPLORE

- ▶ Unlock your peak performance state
- ▶ Manage your attention in an age of constant distractions
- ▶ Grow Emotional Intelligence (EQ) & reconnect with yourself
- ▶ Establish an authentic leadership style
- ▶ Boost your 'leader presence' & stand your ground
- ▶ Recognise how stress increases negativity (risk-focus & unconscious bias)
- ▶ Develop better communication & relationship skills
- ▶ Build resilience, stress less & bounce back quicker
- ▶ Develop greater self-awareness as a leader in education

EXPERT FACILITATOR



Kerene Strochnetter
Managing Director
Mindful at Work Ltd.

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AND SAVE!**

\$300

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ABOUT THE EVENT

With mounting workload expectations and multifaceted challenges, Education leaders find themselves stretched by ever-expanding role expectations and stress. 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 self-awareness 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?

Existing & emerging leaders across all New Zealand's Education sectors

- ▶ Tertiary (Universities & Polytechnic)
- ▶ Primary & Secondary
- ▶ Early Childhood Education

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 mindfulness-based 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.

3 DECEMBER 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 leadership plan

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 meta-cognition 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

4 DECEMBER 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 a demanding environment

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

