

# QLD WOMEN IN LEADERSHIP WORKSHOP

ESSENTIAL SKILLS & TOOLS TO ENHANCE YOUR EFFECTIVENESS AS A LEADER IN AN EVOLVING ENVIRONMENT

29 - 30  
SEPTEMBER

CLIFTONS BRISBANE

## EXPLORE

- ▶ Develop your individual leadership style
- ▶ Lead with Emotional Intelligence (EI) & authenticity
- ▶ Lead high performance for yourself your team & the organisation
- ▶ Strategic planning for your leadership development & career

## EXPERT FACILITATOR



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

This 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

## TRAINING DELIVERY AND PRE-COURSE QUESTIONNAIRE

This workshop will be delivered using a three tiered approach. The structure of each session is as follows:

1. Technical overview and review of research into the topic area under discussion
2. Practical application of management principles in the review of case studies, worked examples and interactive exercises
3. Discussion of outcomes and implementation issues

Workshop participants will have the opportunity to include comments and questions about issues outlined in the program by way of a pre-course questionnaire. This feedback will enable the course facilitator to adjust content accordingly. The workshop has limited places to allow for customisation, greater interactivity and for individual concerns to be addressed.

## DAY ONE

### Develop self-awareness and authenticity

- ▶ Values-based leadership - what it means to be an authentic leader
- ▶ Identify your key strengths and potential derailers 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”

## WORKSHOP SCHEDULE

- 8.30 - 9.00 Registration
- 9.00 - 10.40 Session One
- 10.40 - 11.00 Morning Tea
- 11.00 - 12.30 Session Two
- 12.30 - 1.30 Lunch
- 1.30 - 3.00 Session Three
- 3.00 - 3.20 Afternoon Tea
- 3.20 - 4.30 Session Four
- 4.30 Close of Workshop

## 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

## WHO WILL ATTEND?

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

- ▶ Team Leaders
- ▶ General Managers
- ▶ Human Resources
- ▶ Leadership & Executive Development
- ▶ Diversity & Inclusion Managers
- ▶ Directors
- ▶ Chief Executive Officers
- ▶ Chief Financial Officers

## YOUR FACILITATOR

Miriam is an experienced Executive Coach and registered Psychologist with the ability to have a significant positive impact on people and results. She achieves this by bringing more depth and focus to particular challenges, and collaborating with her clients on strategic solutions and personal growth. In her consulting role, Miriam supports individuals, teams and organisations with bespoke coaching and training programs, particularly incorporating positive psychology and neuro-linguistic programming tools. With a special interest in Mind-Body Medicine, Miriam is also the Creator of The Mainspring Method.

Miriam is the founding Director of Lifespan Dynamics Pty Ltd an SA-based company she started with her life and business partner, Michael, selling revolutionary health devices and products for 21st Century health issues. The quality range of products are all grounded in current research literature, plus tried and tested by our leaders. Lifespan Dynamics specialises in Red Light Therapy (photobiomodulation), Mind-Body Medicine products and advanced personal care products throughout all stages of life.



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## WHAT OUR DELEGATES ARE SAYING



*“Fantastic initiation to leadership/management with some real practical tools to take back and implement in the workplace. Extremely motivating and thought-provoking. Has Given me an insight into how leadership/management skills influence the workplace ”*



