

Women in Leadership Workshop

Essential skills and tools to enhance your effectiveness as a leader in an evolving environment



EXPLORE

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

EXPERT FACILITATOR



> **Dr Karen Whittingham**
Director **Impact Psychology Pty Ltd**
Lecturer **UNSW**



10 & 11 December 2018
City Beach, Wollongong



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Women in Leadership Workshop

BACKGROUND

It is a well-known fact that women remain critically underrepresented within senior executive leadership roles. Greater participation of women is the first step to improving diversity and the benefits it provides to the organisation. Diversity is proven to be a key component for unlocking innovation and performance, leading to better business outcomes. The corporate world has seen a slight increase in senior women 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 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.

Day One

Developing self-awareness and authenticity

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

High level communication, influence and negotiation skills

- Managing emotions for positive and assertive communication
- Developing techniques of persuasion, negotiation and influencing with coaching skills and “conversational intelligence”
- Preparing for and having difficult conversations with confidence

Developing self and others with “reflective leadership”

- Clarifying the benefits of reflective practice in leadership
- Developing the skills and capacity for reflective practice
- Using reflective practice to influence the quality of culture through the quality of relationships

Strategic career progression

- Everyday career management practices and creating a personal leadership plan
- Maximising existing relationships and building new networks for professional opportunities
- Skills and approaches in managing your image and visibility without feeling you are “selling yourself”

INTRODUCING YOUR FACILITATOR



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

Karen is one of Australia's leading executive development specialists who has worked with thousands of executives to transition them into senior leadership roles quickly and effectively. She is an Organisational Psychologist passionate about people's success and facilitating their careers to rise. An inspirational speaker and coach, she focuses on practical applications and solutions to complex problems like career development and change, unconscious bias, lifting individual and team performance and being agile to drive innovation. Having had senior executive experience herself in directing and managing significant budgets, large complex teams, and leading sales and customer service

Day Two

Transformational leadership strategies to accelerate team performance

- Leveraging team dynamics to enhance performance
- Challenging, supporting and empowering others
- Managing uncooperative staff members

Driving change and innovation as a female leader

- Recognising and overcoming hurdles to change
- Trusting your intuition and stepping outside your comfort zone
- Embedding a positive change culture in your organisation

Remaining productive in a crisis

- Building resilience to thrive under pressure
- Supporting your team and engaging others to deliver
- Debriefing after crisis - providing and accepting feedback

Action planning for leadership

- Developing a personalised approach: short and long-term
- Understanding challenges
- Sharing approaches for moving your career forward

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

functions both on and off shore (including experience managing JV partnerships across 8 cities in China), she knows what it takes to get where you want to go and what it takes to stay there.

Karen's coaching work has a specialist focus on onboarding executives and managers from public service agencies and large ASX listed firms, into their new roles and further assisting them to transition to Director and C-level leadership roles quickly and effectively. It is this skill and knowledge she brings directly into her leadership development workshops. Karen's workshops are best described as networked, practical, personally relevant and enjoyable.

Karen also holds a Neuroscience PhD from the University of Sydney, a Masters in Management from MGSM and is a graduate of the National Speakers Association Academy. Karen has a passion for learning and personal development, technology and innovation. She has 4 apps in the apple appstore and is an award winning astro-photographer for fun.

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Options (per person)	Value Plus Rate*** Register and pay by 11 September	Super Saver Rate** Register and pay by 9 October	Early Bird Rate* Register and pay by 5 November	Standard Rate
Qty Workshop	\$2295 + GST = (\$2524.50)	\$2395 + GST = (\$2634.50)	\$2545 + GST = (\$2799.50)	\$2695 + GST = (\$2964.50)
Discounted off standard rates :	Save up to \$400	Save up to \$300	Save up to \$150	

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Note: Course materials, refreshments & lunches are included. Travel and accommodation are NOT included. Registration Options are per person only.

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