





### 1 - Understanding Leadership Styles

To be an effective leader you need to understand your own unique strengths, weaknesses, values, beliefs, personality and tendencies. Successful transformational leaders know themselves, have a clear sense of purpose and can inspire others to build a collective vision for the future.



### 3 - Leading with Adaptive Sustainability

Our unique business management approach helps leaders create a dynamic, agile, and responsible organisational culture. The Adaptive Sustainability approach helps plan, implement, monitor, adapt and optimise business activity through continuous cycles of interconnected investigation.

### 2 - Building Personal Resilience

More than a buzz word or temporary mindset, resilience is a measure of our ability to deal with difficult situations without carrying burden. We instill the most effective methods of developing and sustaining resilience both in yourself and your team.





### Session 1: ITS ALL ABOUT YOU

**LEADERSHIP** - Everyone has the capacity to lead but you need to know yourself before you start your leadership journey.

- Interpret your profile (completed prior to session) and uncover your career limiting behaviours
- Understand leadership styles
- Learn how to identify and leverage team member abilities and how to play to their strengths

**RESILIENCE** - Its about having the ability to bounce back when things don't go as planned.

- Understand engagement techniques to maximise performance and drive innovation
- Explore ways to manage through difficult and combative situations including conflict resolution
- Develop a Personal Resilience Plan to reduce the impact of stressful situations and increase workplace engagement

**ADAPTIVE SUSTAINABILITY** - Business as usual is no longer an option - disruption and transformation is on its way

- Understand the changing business environment - the need to be agile and the business case for sustainability
- Choose a workplace project to apply course learning

### Session 2: Mentoring - 1 on 1

We want you to succeed in the workplace. To help achieve your goals one of our experienced executive coaches will visit each participant in their workplace within 2 weeks after Session 1. We will check your project progress and talk more generally about your workplace challenges. We will review your Personal Resilience Plan to ensure workplace safety and fulfillment. The mentoring doesn't stop there - alumni can have ongoing coaching.

### Session 3: Sustainable Value for Your Organisation

#### LEADERSHIP & RESILIENCE

- Explore a new way of thinking to unlock your leadership potential
- Better understand your leadership style (with reference to your workplace project)

**ADAPTIVE SUSTAINABILITY** - Fostering new mindsets and developing new skillsets

- Investigate a range of business challenges - risk management, resource efficiency, supply chain management, social impact, environmental impact, sustainable procurement, whole system design and a range of other areas of action.
- Develop an Adaptive Management Plan specific to your functional unit/organisation

Sustain Ability International hosts regular alumni events for ongoing support and value.

# Schedule

## MELBOURNE

10 October (Session 1) then 14th November (Session 3)

## SYDNEY

17 October (Session 1) then 21st November (Session 3)

## VENUES

Melbourne and Sydney CBD

# Cost

This course costs \$1950 per person which includes catering and course materials

A discount of 10% is applied for multiple bookings

A discount of 20% is applied to Not For Profit registrations as our contribution to the community.

# Contact Us

## Sustain Ability International

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Register your place today by sending email to [info@sustain-ability-int.com](mailto:info@sustain-ability-int.com)

***Hurry limited places available.***



Sustain Ability  
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