



MICHELLE  
BIHARY  
RESILIENT TEAMS  
THRIVING PEOPLE

## LEADERSHIP DEVELOPMENT TO SUCCESSFULLY LEAD YOURSELF AND OTHERS

28/29<sup>th</sup> October and 11/12<sup>th</sup> November, 2020

(4 half days)

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Highly developed and effective leadership skills form the foundation of a well-functioning organisation and a satisfying professional career. This 2-day workshop provides detailed knowledge and practical skills in building positive leadership of self and others, as well as the relationship between leadership, workplace culture and achieving effective performance.

Informed by the latest research in contemporary leadership, neuroscience, and people management, this engaging workshop provides *detailed frameworks, theories, practical knowledge and skills in leadership of self and others*. Participants gain greater insight into their own leadership skills and style, enabling them to build a *practical roadmap to support leadership skill development*.

The program explores:

- practical leadership frameworks and theories
- workplace models of emotional intelligence
- self-leadership and leader resilience
- enhancing workforce capacity and sustainability
- bringing out the best in others, strengths focus
- managing with authority and power, managing up
- building teams and teamwork
- strategies for employee engagement
- dealing with change and conflict
- giving and receiving feedback
- crucial conversations for leadership

### **Michelle's Approach**

Michelle is a master at sharing theoretically informed, but practical solutions and strategies, that can be implemented quickly and immediately provide tangible results. Her ability to engage with people and create psychological safety within a workplace environment is her zone of genius.

Over the past decade, Michelle has been privileged to deliver training and facilitate powerful change to many workplaces, to over 35,000 professionals. She has shared the wisdom of many years in leadership roles in public health, running her own private health service and the practical knowledge of understanding how people create psychological and behavioural change informed by her mental health practice.



### **Testimonials from Michelle's workshops in Christchurch in 2017**

Just wanted to say thanks so much for organising the Positive Leadership course I thought it was fantastic! I have been away pondering things on the weekend. Not only did I go away with feeling like I had learnt a lot for my management/leadership (as well as useful ideas for use with difficult clients!) I also went away feeling better about myself.

Lisa McAulay, Regional Manager, Fit For Work/Proactive Southern.

*"Highly valuable – wish I had the chance to do this course earlier!!"*

*"We need more of this training – very helpful and well presented"*

*"Inspirational and knowledgeable and clear, great communicator"*

### **Course Co-Ordinator and Contact Details**

Randa Abbasi Owner – WorkSpace IQ – M: 021 1971 060 E: [randa@workspaceiq.co.nz](mailto:randa@workspaceiq.co.nz)

## REGISTRATION FORM

### Leadership and Leader Resilience Training

28/29<sup>th</sup> October and 11/12<sup>th</sup> November, 2020

(4 half days)

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NAME:

PHONE:

EMAIL ADDRESS:

OCCUPATION:

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**Venue:** Zoom – Link sent upon receipt of registration form and payment

**Time:** Registration 0845, 0900 start. Finish 1230

**Cost includes:**

- Comprehensive workshop manual and resources
- Follow up embedding program
- Ongoing emails with up to date resources and research

Please complete this email and return to: [info@workspaceiq.co.nz](mailto:info@workspaceiq.co.nz)

Name and email address for invoice (if different from Registered Name):

**Full Cost: \$650 incl. GST**

**Deposit into ANZ Bank Account Name:** Workspace IQ

**Account Number:** 01-0804-0214303-01

Put your full name as a reference

Any specific course or payment enquires please contact  
Randa on  
021 1971 060 or [randa@workspaceiq.co.nz](mailto:randa@workspaceiq.co.nz)