

ONLINE SEMINAR



The Women's Wellbeing Program

Mindful Performance and Mindset Practices for Women in Leadership

Presenter

Michelle Landy

ONLINE SEMINAR

Tuesday, 29th April 2022

09:00 AM - 04:00 PM

PROGRAM BOOKINGS

info@michellelandy.com

0414683876

www.michellelandy.com

A day to transform how you lead yourself. For women of all levels of leadership.

- Learn strategies to transform stress into flow.
- Change how you feel, perform and navigate pressure.
- Learn practices in mindfulness and wellbeing.
- Build a flow mindset for greater success.

ABOUT MICHELLE LANDY

Michelle Landy is a specialist in Wellbeing, Empowerment and Leadership and highly experienced facilitator and executive coach. She has a degree in performance management, is the author of The Confidence Workout and is a Master Practitioner in Neuro-Linguistic Programming. For over fifteen years she was a lecturer on leadership at the University of Technology and has a reputation in transforming how people feel and perform at work and in their lives.

Michelle is passionate about helping people put mindfulness and wellbeing into the heart of their success plans and transforming how people lead themselves. With over twenty-five years of experience in business and personal growth and a strong academic background, Michelle helps people make profound change. The media regularly interview Michelle for her expert opinion on topics including empowerment, resilience, wellbeing, and leadership.

Putting wellbeing and mindfulness into the heart of your success plan.

WHO SHOULD ATTEND?

Emerging Leaders • Team Leaders
Managers • Coordinators
Human Resources Staff
Customer Contact Personnel
Directors • Private and Public Sectors



THE WOMEN'S WELLBEING PROGRAM

Mindfulness and Mindset Essentials for Women in Leadership

Mindful Performance

- Develop self-awareness about how you work
- Mindful practices for high performance
- The 3 powers – commitment, intention and planning.

Personality and Work Habits

- Identify your work personality
- Your relationship with time
- Achieving flow

Navigating Change with Less Stress and more Synergy

- Developing your adaptive skills.
- How to foster a change ready mindset.
- The power of being a realist and present time thinking.

Self Leadership Habits

- Building habits for wellness and success.
- Changing how you think.
- Building a circle of personal influence.

Activating Your Parasympathetic Nervous System for Calm

- Understanding your autonomic nervous system and vagus nerve.
- Strategies to improve autonomic nervous system function.
- 3 Essential habits for focused wellbeing.

Stress Management Mind Strategies

- Leading yourself with more clarity.
- Stopping burnout at the warning signs.
- Thriving in the midst of fear and pressure.

WHAT PARTICIPANTS SAY ABOUT MICHELLE:

"Amazing - So many things I can't wait to try."

S HOLDER - FEDERAL DEPARTMENT

"Loved Michelle's style, casual & connected
Brilliant event, well worth it!"

J BALDWIN

"The training program at our business has been a tremendous success. There have been distinct changes in interpersonal skills, project management and client interactions. I highly recommend Michelle Landy to any organisation wanting to bring out the best in their personnel."

J CREPALDI - VICE PRESIDENT, CRESCENDO

"Michelle's presentation style and depth of knowledge was brilliant. Michelle provides you with a set of skills and an insight into a way of thinking that makes work life so much better. Everyone I've talked to who attended her workshop absolutely loved it and so did I!"

G PEARSON - STRATEGIC PLANNER

"Michelle is an engaging presenter and creates a dynamic learning environment. I recommend this program to everyone to reflect on how they lead themselves. Life changing. My peers also loved the course!"

M MAXWELL

BOOKINGS: 0414683876

COST \$1250

EARLY BIRD \$950 - BEFORE 18TH MARCH

GROUP BOOKING - MASSIVE SAVING

5 OR MORE DELEGATES

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