



Women
of Adelaide

FIT for LEADERSHIP program



FIT
BODY



FIT
MIND



FIT
PERFORMANCE



THOMAS FARMS KITCHEN
100% Australian Owned

Supporting partner of the
Adelaide Football Club
Women of Adelaide initiative

PROGRAM OVERVIEW

The Women of Adelaide 'FIT' for leadership program is a unique development program aimed to provide South Australian women with an opportunity to grow both professionally and personally in order to succeed in business.

The workshops have been designed to facilitate networking, trusted discussions, develop optimistic thoughts and to train the participants to be at their very best both at work and at home.

FIT BODY

FIT MIND

FIT PERFORMANCE



Optimise Performance Success Resilience



Women
of Adelaide



PROGRAM OVERVIEW



The workshop series will be built around the following streams and themes:

Healthy Body – FIT BODY

Physical Fitness
Nutrition
Sleep
Yoga and meditation
Body science
Energy



Positive Mind – FIT MIND

Positive Psychology
PERMA PLUS
Positive emotion
Engagement
Relationships
Meaning
Accomplishment
Optimism
Resilience
Mindfulness
Emotional Intelligence



Action Focus – FIT PERFORMANCE

My Leadership Journey
Leadership self assessment
Harnessing unconscious and conscious cognition
for goal setting and decision making
Professional role modelling
Mentoring
Sharing stories
Communicating with Connection and Courage
Business thinking
Professional self awareness



Optimise Performance Success Resilience

PROGRAM ASPECTS

The program has been designed as a series of targeted workshops that ensure that trusted connections are made within the group of participants.

The workshops will be highly interactive and will follow a logical, professional and personal skills based development spectrum.

The participants of the FIT program will establish a foundation to accelerate their career progression. They will be inspired to grow and learn how to manage their mindsets and their wellbeing, in order to drive their performance.

The program recognises that women are likely to have a less linear career path. This program includes a background into why this may occur and how women can maximise the opportunities this presents.

“ To love what you do
and feel that it matters,
- how could anything
be more enjoyable? ”



Women
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PROGRAM ASPECTS



Expert facilitators who will drive positive professional and personal change within each participant;

Fun, experiential learning;

A focus on positive psychology (a science that seeks to identify what makes fit people thrive);

Guest presenters with inspirational stories to share;

An online (private) group for participants to stay connected between sessions.

Post the workshop series, each participant will present back to their respective organisations new initiative that they recommend or their insights and learning from the program.

The program will be designed to model what is being taught. For example good food, water, opportunities to move, stretch, exercise and walking meetings. Reflection time is also included with a journal provided to record progress.

A SIX DAY PROGRAM (Delivered over a three month period)

Workshop focus:

Day 1 FIT Foundations

Day 2 FIT Body & Mind

Day 3 & 4 FIT Mind – Wellbeing & Resilience

Day 5 & 6 FIT Performance

TESTIMONIAL STATEMENTS

“Thank you so much for running such an amazing program. I don’t think I’m exaggerating when I say “Life changing”. Loved it, Loved it, Loved it.”

“The program was excellent and life changing. The 6 days were energising. I have learnt so many new skills and so much confidence. I can’t wait to implement them and am excited about what the future will hold for me.”

“The FIT for leadership program is an excellent way to self-reflect. It has helped me to focus on myself and what I want in the future and what body, mind, performance elements, tools, tips I can leverage to move towards it.”

“This is one of the best training course that I have been on. I gained so much from it. While focussed on my leadership at work, the focus on my “fit mind” and “fit body” were perfect for me right now. The amount of self-reflection was terrific.”

“The program was excellent, inspiring and engaging. I loved coming to the session every month. The speakers were very relatable and inspiring.”



Women
of Adelaide



PROGRAM FACILITATORS & GUEST SPEAKERS



Katrina Webb



Anna Lee



Wayne Enright



Tim Gard



Paula Lyle



Gabrielle Enright



Jenny Harvey



Carla Ford



Shivani Gupta



Dr Anthony Venning



Rob Chapman

Katrina Webb – FIT for leadership Program Director Primary Facilitator

Anna Lee – Director, Leed Consulting

Wayne Enright – Director, True North Leadership and Healthy Teams

Tim Gard – International Motivational speaker

Paula Lyle – Adelaide Football Club Yoga Instructor

Gabrielle Enright – Director, Healthy Teams

Jenny Harvey – Group HR Manager, Detmold Group

Carla Ford – Director, Mindfuledge

Shivani Gupta – Chief Passion Officer the Passionate People Institute

Dr Anthony Venning – Clinical Psychologist

Rob Chapman – Club President, Adelaide Football Club

PROGRAM DETAILS

- > Six days of interactive workshops to be run over a three month period
- > Two consecutive days per month
- > All meals, pre reading books and a personal journal will be provided
- > Workshops will be hosted at various business locations in and around the CBD
- > Price: \$2,100 per participant plus GST
- > Maximum of 14 participants

OPTIONAL:

Join the post FIT program alumni group. A FIT program Alumni Group aims to provide ongoing connections with the graduates of the program. This forum facilitates ongoing connections, development and continued professional and self-development. This membership will provide attendance at four post program events, that offer exceptional speakers.

Alumni membership fee: \$400 per annum

TO REGISTER OR FOR MORE INFORMATION:

Please contact Hayley Christiansen

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