FIT for LEADERSHIP program

FIT
BODY

FIT
MIND

FIT
PERFORMANCE

ADELAIDE CROWS

WE FLY AS ONE

THOMAS FARMS KITCHEN
100% Australian Owned

PROGRAM OVERVIEW

The 'FIT' for leadership program is a unique development program aimed to provide participants 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 FOUNDATIONS

FIT BODY

FIT MIND

FIT PERFORMANCE

Optimise Performance Success Resilience

PROGRAM OVERVIEW

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

FIT FOUNDATIONS

Healthy Body – FIT BODY

Wellbeing Audit
Movement
Nutrition
Sleep
Yoga and meditation
Body science
Energy
Breath
Passion

Positive Mind – FIT MIND

Positive Psychology
PERMA
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.

> **"To love what you do and feel that it matters, – how could anything be more enjoyable?"**

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 is encouraged to present back to their respective organisations on a 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 Leadership & 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."

PROGRAM FACILITATORS & GUEST SPEAKERS

Katrina Webb

Alex Laws

Wayne Enright

Tim Gard

Paula Lyle

Gabrielle Enright

Jenny Harvey

Carla Ford

Shivani Gupta

Dr Anthony Venning

Chris Wood

David Griggs

Katrina Webb – Program Director & Primary Facilitator, FIT for leadership
Alex Laws - Performance Coach for Athletes and Executives
Wayne Enright – Director, Free Spirit True North
Tim Gard – International Motivational Speaker, Expert on Homour for Stress Reduction
Paula Lyle – Yoga Instructor, Adelaide Football Club
Gabrielle Enright – Director, Free Spirit True North
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, GRIT LAB
Chris Wood - General Manager People, Performance and Culture, Adelaide Football Club
David Griggs - Principal and Founder of The Speakers Studio

PROGRAM DETAILS

> Six days of interactive workshops to be run over a three month period

> Two consecutive days per month

> All meals and a personal journal will be provided

> Workshops will be hosted at the Adelaide Football Club in West Lakes

> Price: $2,100 per participant plus GST

> Maximum of 14 participants

OPTIONAL:

Ongoing invitation to FIT Alumni workshops designed to reconnect participants with new leadership content.

TO REGISTER OR FOR MORE INFORMATION:

Please contact Hayley Christiansen
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08 8440 6666

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