

FIT for LEADERSHIP

program



FIT
BODY



FIT
MIND



FIT
PERFORMANCE



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

“The FIT for Leadership program was a fantastic well rounded Leadership Development program...It was a great opportunity to meet like females across other industries and the calibre of facilitators was fantastic. The facilitators are personable and friendly and made everyone feel at ease and included.”

- Eileen Schultz, Head of Service Delivery Technology Services

“What I found the most valuable about the FIT for Leadership program was the holistic approach to leadership development. Considering how the resilience and strength of both your mind and body play into your performance, really helped me broaden my own thinking about my work and my attitudes.

The variety of facilitators with different qualities and styles keeps it interesting, and Kate and Katrina created an environment of trust and openness which I think really drove the discussions and interactions in a valuable direction.”

- Andrea Johansen, Senior Manager Employee Communications

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 Honour 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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