



Leadership Recharge

Revitalise and replenish your leadership practice with this short course for women leaders



 **Ideal for** Women leaders at all levels

 **Duration** 2 x 3.5hr sessions

 **Delivery** Online

About the program

As our workplaces evolve, so must our leadership practices. Wellbeing and resilience are leadership super-powers in times of change and uncertainty. Many women leaders are facing burnout, managing staff shortages, and navigating changing work environments. Renewing your own energy reserves and establishing sustainable leadership practices is more important than ever.

Leadership Recharge will help you:

- Renew your energy and support personal and team wellbeing
- Reconnect to your goals and create your own vision for success
- Refocus your leadership practice with practical tools and principles

Participant profile

This program is designed for women leaders at all levels



Learning Outcomes

In this program participants will learn:

Being a supportive leader while feeling depleted

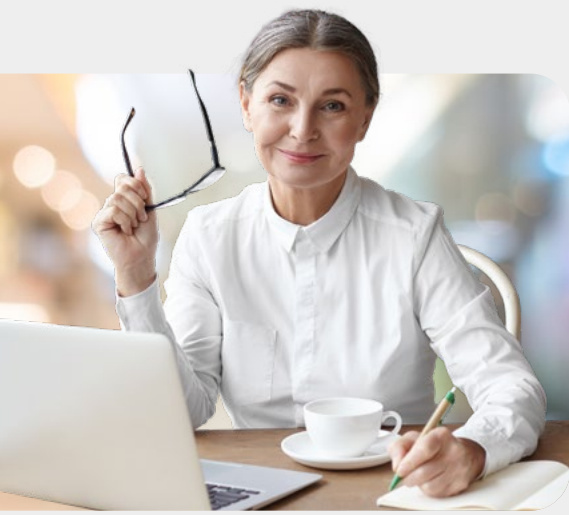
Managing up

Rebuilding motivation in yourself and your team

Building resilience in yourself and your team

Leading change in teams

Managing compassion fatigue



Program experience

Guided by an expert facilitator, you will discover new leadership and wellbeing strategies to re-energise your leadership practice.

Designed to suit busy schedules, the program is delivered online over two 3.5hr online interactive sessions:

- Expert masterclass: Explore the concept of crisis leadership and examine how to adapt in times of uncertainty and change.
- Application workshop: Provides opportunities to reflect on your own context and explore new frameworks and principles to support your leadership capacity and resilience.

Program Modules

During the program participants will explore:

Leading in times of disruption and complexity

Insights from crisis and trauma leadership principles

Understanding and leveraging your surge capacity


Understanding complex decision fatigue and how to manage it

Wellbeing for leaders: resilience, personal accountability, wellbeing continuum

Building adaptive capacity

Enquiries & enrolments

Contact us for a tailored proposal that meets your organisation's needs.

 info@womenandleadership.co.nz

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Excellent session, empathetic to our needs and feelings and some very interesting concepts to explore. Loved the notion of surge capacity, that is something I am lacking at the moment.

Past Participant

