







The Vital Leadership Series

Four 90-minute masterclasses to improve your stress management, decision-making, team dynamics, and resilience.



 Level	Leaders at all levels
 Gender	All genders
 Ideal for	For individuals or groups
 Duration	4 x 90-minute masterclasses
 Fees	\$295pp + GST per masterclass. \$1,095 + GST for the series.
 Delivery	Online masterclass



About the series

This masterclass series provides bite-size leadership boosters to help you to thrive and support your team through change, uncertainty, and complexity.

This high-impact series is packed with practical tips and tools that will support you to perform at your best. Enrol in individual masterclasses for a targeted leadership boost, or join us for the whole series to build a comprehensive toolkit of leadership concepts and skills that you can apply right away.

Masterclass Topics:

- **Managing Stress:** Protecting Against Burnout
- **Decision Making:** Leading in Uncertainty
- **Team Dynamics:** Leading With Empathy
- **Resilience:** Reclaiming Your Leadership Mojo

Program experience

4 x 90-minute live online masterclasses

Enrol in one or more masterclasses to suit your needs

Best-practice leadership strategies and proven frameworks

Two-page Insights Summary for each masterclass

Guided by an expert facilitator

Masterclass Learning Outcomes

Managing Stress: Protecting Against Burnout

Leverage self-awareness, create a psychologically safe environment, and understand the stress response to proactively care for themselves and their teams.

- Learn practical ways to reduce burnout
- Support your team's psychological safety
- Understand and harness your surge capacity

Decision Making: Leading in Uncertainty

Explore how leaders can understand the basic needs of the brain, take responsibility for their actions, and make good decisions in the face of uncertainty.

- Understand the role of emotions in decision-making
- Learn how to mitigate complex decision fatigue
- Gain practical tools for better decision-making

Team Dynamics: Leading With Empathy

Explore how leaders can build empathy, connection and trust in diverse teams, and apply social awareness to understand and strengthen team dynamics.

- Explore social awareness, diversity and inclusion
- Gain practical tips to improve team dynamics
- Discover how the Pyramid of Trust applies to your team

Resilience: Reclaiming Your Leadership Mojo


Explore how leaders can rebound from set-backs, enhance personal and team resilience, and creating spaces for wellbeing, rituals and recovery.

- Discover the five core elements of happiness and well-being
- Practical tips to build social capital
- Harness the 'third space' for recovery and wellbeing

Enquiries & enrolments

Enrolments for individuals or groups can be made online: wla.edu.au/vitalleadershipseries

For a tailored proposal to meet your specific organisation's needs, please contact us:

 info@womenandleadership.co.nz



We know you're busy – you've told us! – and yet boosting your leadership skills and capacity is as important as ever. This series of bite-size masterclasses will give you the support and insights you need, with minimal disruption to your day. Join us for a powerful leadership boost.

Dr Janet Smith
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Women & Leadership New Zealand

