


Programs for individuals

# The Vital Leadership Series


Eight high-impact, 90-minute masterclasses designed to equip you with the practical skills to lead with confidence, resilience, and clarity.





 **Level** Leaders at all levels

 **Gender** All genders

 **Ideal for** For individuals or groups

 **Duration** 8 x 90-minute masterclasses

 **Fees** \$315pp + GST per masterclass.  
\$1,990 + GST for the series.

 **Delivery** Online masterclass

## About the series

Whether you want to recharge specific skills or elevate your overall leadership capacity, the Vital Leadership Series offers targeted, actionable learning to help you thrive in a changing world.

Each session hones in on a critical leadership skill, from leading change and managing conflict to leveraging AI. Join one or complete the full series, and walk away with fresh tools, sharper insight, and greater impact as a leader.

### Masterclass Topics:

- **Managing Stress:** Protecting Against Burnout
- **Decision Making:** Leading in Uncertainty
- **Team Dynamics:** Leading With Empathy
- **Resilience:** Reclaiming Your Leadership Mojo
- **Leading Change:** Supporting Teams Through Transition
- **Constructive Conflict:** Tools for Powerful Conversations
- **Confident Negotiations:** Prepare to Succeed
- **AI for Leaders:** Lead Smarter, Innovate Faster



## Program experience

8 interactive online sessions

Best-practice leadership strategies and proven frameworks

Guided by an expert facilitator

Enrol in one or more masterclasses to suit your needs

Two-page Insights Summary for each masterclass

# 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

## Leading Change: Supporting Teams Through Transition

Change is constant. Leaders' responses make all the difference. This masterclass explores how leaders can understand mindsets, apply tools, and reflect on their strengths during change.

- Understand common mindsets and responses to change.
- Learn practical tools and targeted actions to support your team during change.
- Reflect on your strengths and responses to change.

## Constructive Conflict: Tools for Powerful Conversations

Explore how to reframe conflict, understand it more deeply and learn practical tools to have conversations that create clarity, connection, and real change.

- Reframe how you see conflict and recognise its potential
- Analyse your conflict experiences and compare different approaches to manage
- Gain practical tools to confidently prepare for and lead conflict conversations

## Confident Negotiations: Prepare to Succeed

Helps leaders apply tools to prepare for successful negotiations. Enter situations with confidence and a clear understanding of desired outcomes.

- Discover how to prepare for a negotiation
- Use proven techniques to create clarity for yourself and the other party
- Learn how to be effective during a negotiation and achieve outcomes

## AI for Leaders: Lead Smarter, Innovate Faster

Explore how AI enhances decision-making and productivity. Make informed and ethical evaluations of AI tools.

- Understand AI's role in leadership and decision-making
- Address ethical AI issues
- Evaluate AI tools for productivity and strategy



## Enquiries & enrolments

Enrolments for individuals or groups can be made online: [wla.edu.au/vitalleadershipseries](http://wla.edu.au/vitalleadershipseries)

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

✉ [info@womenandleadership.co.nz](mailto:info@womenandleadership.co.nz)

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The session was reflective for me as a leader and supported me in my current practices. It provided practical strategies to implement and support my leadership and wellbeing. Great personal and professional learning.

**Angela**  
Vital Leadership Series Participant

