

THE PROSPEROUS MIND, LEADER & WORKPLACE

“Mindset and getting Shi..t done” Workshop

Transform - Individual + team
Performance & Wellbeing



The Mindset and getting Shi..t done” Workshop is based on [The Prosperous Mind, Leader and Workplace](#) evidence-based framework, which helps us understand and explore what holds us back from pursuing important work and life goals, and new strategies to get there. Even during times of Stress. *The Mindset and getting Shi..t done” Workshop* offers a commercial and psychological lens regarding individual and team pursuits that are tailored for Leaders and their teams, including the practice of new skills to achieve more.

WHAT YOU WILL LEARN

- How to support you and your team to better navigate during times of stress and change and still achieve important goals
- 2 key skills to build resilience and decrease stress that are practical and can be used immediately
- New research explaining what factors influence the pursuit of important life and work goals
- What influences inflexible thinking that can lead to conflict, stress & bad health
- How to spend less time procrastinating and more time pursuing important goals and relationships
- Learn how to reprogram your brain resulting in a Prosperous Mindset and get more Shi..t done!

FACILITATOR: MARGIE IRELAND
[Passionate about People & their work](#)
Leadership & Career Coach
Registered Psychologist

WORKSHOP COSTS (plus GST)

1-1.5 HOUR: \$2K

- Corporate events
- Breakfast / lunch events
- Wellness days

Half Day \$5K Full Day \$8K

- Team building events
- Conferences
- Leadership forums
- Tailored to your needs

- Workshops can be delivered onsite or at our premises in Fortitude Valley
- Catering is not included but can be arranged for an additional charge when at our premises
- Travel and accom costs not included

TAILORED 12-month PROGRAM?

Embed sustainable change:

- 12-month Leadership coaching
- Quarterly team Workshops
- On call support
- Tailored to outcomes

[See what other say](#)