



SHELLEY FLETT

# LEAD TO STRENGTHEN

BUILD RESILIENCE AND FOSTER GROWTH BY ELEVATING WELLBEING AND DEVELOPMENT TOGETHER

Join us for an interactive program focused on aligning personal wellbeing with ongoing professional growth. By integrating practical strategies for mental resilience and effective feedback mechanisms, this program guides individuals and teams towards focused, sustainable growth, enhancing both personal satisfaction and career performance.

The Lead to Strengthen program is focused on developing resilience alongside fostering a culture of continuous growth and feedback within teams. It equips leaders with strategies to effectively manage and overcome workplace challenges, enhancing their ability to adapt and bounce back from adversity.

Simultaneously, it emphasises the importance of creating a feedback-rich environment, essential for adjusting unhelpful strategies and embracing change. This dual approach ensures leaders and their teams are well-prepared to navigate the fast-paced, ever-evolving professional landscape, promoting both personal well-being and sustained professional development.

Over four weeks, you'll participate in one two-hour session each week to learn:

- Explore effective feedback techniques, for both seeking and giving and their role in positive action.
- Foster growth through mentorship and appreciate the benefits of feedback on culture.
- Learn to balance work, relationships, and health, identifying activities and thoughts that energise.
- Develop strategies for a success-oriented mindset and heightened awareness of your environment and interactions.

## This program will help leaders to overcome challenges relating to:

- Dynamics around a lack of or misuse of feedback in the workplace
- Effective communication and fostering personal development accountability
- Encouraging proactive feedback seeking for improved decision-making
- Balancing work intensity with resilience building and self-care
- Adapting quickly to change and overcoming the fear of failure
- Cultivating growth mindset and realistic expectations in challenging situations

Contact Shelley to secure your place for the Lead to Strengthen Program today!



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