



## Authentic Leadership; 'being' a leader, not just doing leadership.

**Applying Positive Psychology and Emotional Intelligence in leadership roles.**

The Authentic Leadership program focuses on "being" a leader, rather than "doing" leadership. Through reflection and skill development each participant will continually come back to the question "Who am I as a leader?"

The program enhances self-awareness, increases confidence and builds understanding whilst developing links between Authentic Leadership, individual achievement and organizational success. Many issues for career path development will be discussed and a personal meaning and purpose statement created.

The program is experiential in nature and as such the material covered will open the space for personal learning through critical reflection whilst building a community of practice through exploring common links between participants and subject content.

The workshop will use a blended learning approach with a mix of Powerpoint, current thought leadership articles and experiential exercises. The program consists of 5 half day workshops or 2.5 full days.

Learning objectives of this training:

1. Understand and apply the foundations of Emotional Intelligence.
2. Use the principles of Positive Psychology to build self-awareness, resilience, wellbeing and personal mastery.
3. Develop communication skills and how to use presence and silence effectively.
4. Develop a personal success plan and apply it.
5. Develop an understanding of how to build great personal networks.
6. Define your future success and develop your personal brand and purpose statement.



**Jo McAlpine** has partnered many organisations over the last sixteen years as a Facilitator, Coach, Designer and Mentor. She has worked extensively across the financial services sector, infrastructure, consumer electronics, education and training, medicine and the law, insurance, publishing and government agencies. Jo teaches at the Australian Institute of Management in their MBA program and the College of Applied Psychology specializing in Positive Psychology and Coaching. Jo combines her business experience and coaching with the concepts and application of positive psychology, transformational learning and authentic workplace practices. These practises support organisations to achieve outstanding business results through transforming individuals, teams and organisational culture by harnessing the unrealised potential and value of the people in the business. Her specialty areas include developing leadership programmes for high potential people, coaching, high performance teams, meaning and purpose, crafting conversations that matter, strategy implementation, employee engagement, career satisfaction and creating constructive cultures. Jo holds a Master of Education where she graduated with the Dean's Medal for her research and application of Authentic Leadership practises, a Master of Applied Science with a major in Critical Perspectives of Psychological Practice and a Graduate Diploma of Psychotherapy.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**View our range of training topics at [www.PDPseminars.com.au](http://www.PDPseminars.com.au) to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.**



**ACA:** Members can accrue 12 CPD points.



**AASW:** Members can accrue 6 CPD hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

- Session 1**      **Generating Excellence** - Building Confidence through emotional intelligence. Defining personal success and organization contribution. Exploring values and beliefs around leadership.
- Session 2**      **Resilience and Wellbeing** - Identifying and building upon your strengths with VIA Pro Character Strengths Survey. Composure under stress. Developing resilience and effective thinking skills. Developing achievement thinking and goal mastery.
- Session 3**      **Powerful Conversations** – Communicating with purpose and influence. Using presence, silence and powerful questions effectively. Developing effective communication with sponsors and stakeholders.
- Session 4**      **Networking and Influencing** – Understanding networking fundamentals. Navigating complex business environments. Building great relationships. Influencing and Managing upwards, Guest speaker – Leadership.
- Session 5**      **Career Path and Purpose** – Building a career pathway. Defining your future as a leader. Defining a personal/leadership purpose. Work/life balance. Taking a stand. Program wrap -up.

***"Who am I as a leader? The Authentic Leadership Program focuses on “being” a leader, rather than “doing” leadership."***

Jo McAlpine

**How will you benefit from attending this training?**

1. Develop a deeper understanding of Authentic Leadership skills
2. Build your confidence through Emotional Intelligence and exploring personal values and beliefs.
3. Create a powerful personal meaning and purpose statement

**Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

**We include:**

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This seminar has been designed to benefit managers, supervisors, team-leaders and anyone committed to developing and applying the practices of Authentic Leadership.