

# Women of Influence Retreat

Leaders pour their lives into the success of others. Here is an opportunity for women in leadership to focus for a day on their own needs and development. This completely unique and personal experience will not only refresh and restore women leaders but will unlock possibility and potential not previously realised. The “Women of Influence” Leader Retreat is an opportunity for participants to explore their own leadership experience.

Whether they are leaders or aspirant leaders in a corporate environment, entrepreneurs or independent professionals each woman will leave refreshed and encouraged, with a greater sense of her unique leadership contribution, deeper insights into her needs and how to meet them and with increased resources on which to draw for the challenges which she faces. The programme includes interactive discussions and exercises based on leadership expertise from John Maxwell, Peter Senge, Malcolm Gladwell, Stephen Covey and others and an individual coaching session.

## Outcomes

Key outcomes include

- Personal stress relief and energy replenishment
- Understand how to engage your strengths and work with your brain to maximise results and minimise effort
- Rediscover your sense of purpose and missional engagement
- Explore the unique value you add to your organisation and personal relationships
- Explore ways to restore the equilibrium of work and personal effectiveness

## Delivery Method

In-house Workshop Retreat

Public Workshop Retreat



## Facilitator

### Janet du Preez

Janet is uniquely qualified with masters level studies in health sciences, psychology and business, to understand the psychological and practical systems which underlie behaviour and outcomes.

A Gallup-trained Strengths Performance Coach for individuals and teams, she describes herself as a strategic-maximiser and change-protagonist, constantly alert for good people, good ideas and good systems which can be made even more effective. She is a masterful facilitator who creates rich participative interventions.

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