

LEADING THROUGH UNCERTAINTY

*Build timely skills and
strategies to lead yourself
and others during this
period of uncertainty*



**Draw on the psychology based coaching of Stephenson
Mansell Group to support you through these
times of uncertainty and unpredictable change.**

ABOUT THE PROGRAM

This 3-session program has been specifically designed to help leaders lead themselves and their teams through stress, anxiety, and the impacts of self-isolation.

Program objective:

Assist leaders to develop their ability to maintain high levels of engagement, focus and wellbeing within themselves and their team in the 'new normal'.



To find out more on this opportunity,
contact Chris Goris,
Leadership and Programs Consultant, via
cgoris@smgrp.com.au or call 02 9950 2000

Special rate available for
3 x 60min virtual sessions

SESSION OUTLINES

Session 1: Current State Assessment **Where am I as a leader?**

- Map anxiety and stress in your personal and professional context
- Recognise triggers and how you react to them as a leader
- Maintaining high performance: Identify personal goals for self and team

Session 2: Leading Self **How do I play to my strengths in the new normal?**

- Explore the fundamentals of resilience, including, coherence, control, identity and belonging
- Review strategies and techniques for managing anxiety and stress and identify the ones that work for you
- Develop the ability to stay deliberately calm and provide boundless optimism

Session 3: Leading others **How do I keep my team motivated?**

- Providing structure for your teams
- Setting up teams to self-organise, stay connected and make decisions
- Communicating with empathy and support
- Looking out for the wellbeing on your employees

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