

Thriving Leadership Program Application Form



volunteering sa&nt

Leading volunteering in South Australia
and the Northern Territory

Volunteering SA&NT is excited to offer leaders of volunteers a unique opportunity to attend a program of leadership workshops. Developed and facilitated by Emotous, the Thriving Leadership Program will support leaders and organisations to build the essential elements of thriving leadership, teams and cultures, and is for anyone passionate about accelerating courageous leadership, performance, trust, resilience and agility, when leading volunteers.

About Emotous

Emotous was founded by Angela Giacomis and John Dare to revolutionise the way we live, work and lead. Their workshops and training are grounded in neuroscience and emotional intelligence (EQ) to create the foundation for understanding the science and practice of behaviour change, to optimise potential and equip people to thrive in rapidly changing workplaces.

Angela has over 30 years' experience in human resources and people management. To find out more click [here](#)

John also has over 30 years' experience transforming and building businesses and cultures to thrive in accelerating change. To find out more click [here](#)

Thrive Leadership Program

Today more than ever, leaders are facing an unprecedented set of new challenges. People are expected to do more with less, and while the leader may be experienced, the context in which our leaders operate is rapidly changing. To lead through these challenges, our leaders must develop an essential set of skills so that they can adapt and thrive.

The program consists of a one-day launch workshop with the option to attend either in-person or online, and a further six, two-hour online workshops. Participants are expected to attend all sessions.



Workshop 1 – Introduction to Emotous Connect learning integration platform and Leading with Positivity. Cultivating an attitude of gratitude - our lives rarely go according to plan without unexpected challenges. Learn how to cultivate an attitude of gratitude to unlock the power of this transformative practice as a leader.



Workshop 2 – Thriving Through Uncertainty

Are you thriving as a leader or merely surviving? Many of us want to thrive yet the majority of us are simply surviving. We want to feel vital, passionate, energised and excited about the way we lead, yet the sense of flourishing we can feel, has a way of vanishing during uncertainty and change.



Workshop 3 – Building Trust

Fuel deep relationships and drive performance. Trust is central to all relationships built over time and diminished in moments. This session explores the power of trust in fuelling collaboration, wellbeing, connection and belonging as a leader. Everything starts with trust.



Workshop 4 – **Fuelling Motivation**

Build your resilience and the drive to thrive! What does it mean to be a motivated leader? What role do emotions play in fuelling energy? Learn how to engage your motivation in order to overcome the roadblocks preventing you from reaching your full potential as a leader of volunteers.



Workshop 5 - **Communicating with Empathy**

Empathy is fundamental to leadership, connection and collaboration. Too little empathy may appear as direct uncaring and too much empathy may appear as being too emotionally challenged in setting clear boundaries.



Workshop 6 - **Leaning into Tough Conversations**

Where do you need to be braver? In today's ever-changing world, bravery is essential in leadership. Being brave requires us to be able to show up and embrace who we are and let go of who we think we are supposed to be to lead.



Workshop 7 - **Rising from Setbacks**

Resilience is a proactive skill that is a key component of courageous leadership. When we are courageous and brave, we will experience setbacks. Setbacks are inherent to the human experience. They often arise when we least expect and can leave us reeling, wondering how we'll recover and get back to where we were. Learn the skills that enable us, as volunteer leaders, to rise from setbacks and inspire others to do the same.

Evaluation

All participants will be asked to complete evaluations at the end of the Program, and again six months later, to ascertain learnings and opportunities for leadership growth.

Anticipated dates:

- Workshop One In-Person (**Launch Thriving Leadership**) - Monday, 28 June, 9.00 am – 5.00 pm in Adelaide
- Workshop One Virtual (**Launch Thriving Leadership**) - Wednesday, 30 June, 10.00 am – 1.00 pm
- Workshop Two Virtual (**Thriving through Uncertainty**) – Tuesday 13 July, 10.00 am to 12.00 pm
- Workshop Three Virtual– (**Building Trust**) - Tuesday 27 July, 10.00 am to 12.00 pm
- Workshop Four Virtual– (**Fuelling Motivation**) - Tuesday 10 August, 10.00 am to 12.00 pm
- Workshop Five Virtual– (**Communicating with Empathy**) - Tuesday 17 August, 10.00 am to 12.00 pm
- Workshop Six Virtual– (**Leaning into Tough Conversations**) - Tuesday 31 August, 10.00 am to 12.00 pm
- Workshop Seven Virtual– (**Rising from Setbacks**) - Tuesday 07 September, 10.00 am to 12.00 pm

To Apply

This exclusive leadership program is open to:

- any leader of volunteers (either as a paid or volunteer leader)
- leaders who are available to commit to the full program
- people who submit a completed application form

Volunteering SA&NT is using grant funding to be able to offer 30 subsidised places to eligible applicants.

Participant Cost

\$60 + GST for Volunteering SA&NT members

\$72 + GST for non-members

This program would normally cost \$895.00 per person.

Price includes attendance at all seven sessions, accompanying resources, an EQ profile, and contributing evaluations.

Participants have the option to pay an additional fee for a one-on-one EQ profile de-brief and leadership coaching with the Trainers, following the program, at a further cost of \$395+ GST per hour.

To be considered for this Thriving Leadership Program, please complete the [expression of interest form](#) by 5pm Wednesday 2 June 2021.

Successful applicants will be notified within 2 weeks of closing date. The Thriving Leadership Program commences 28 June 2021.

Enquiries

Please contact Lucy Camp, Volunteering SA&NT Client Relationships Team Leader SA

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