

LEADERSHIP WORKSHOPS

We bring teams together to enhance performance by maximising opportunities for growth of individuals, and collectively, the team

Our Leadership Workshops are built to provide teams with the necessary skills to boost their confidence, leverage their strengths, be the very best version of themselves and address the challenges of personal change to make new habits stick. **The objective:** To reach full potential and elevate leadership.

These workshops can be delivered online or face-to-face. They are designed for a team or group of any size coming together to connect, learn and practice leadership skills and tools that are instantly applicable.

They are the perfect way to empower your people whilst improving team cohesiveness and deepening trust in a quick, purposeful and fun session.

STRENGTHS

LEVERAGE YOUR POTENTIAL

- » Impact
- » Energy
- » Growth



Play to your strengths to feel happier and more engaged, to help you grow and have the impact you look for. Understand how to leverage what you're great at in a really practical way to achieve the goals you set and become what you want to be.

WELLBEING

FUEL YOUR TANK

- » Feel better
- » Do better
- » Be better



Based on the neuroscience of wellbeing, this workshop enables you to understand what it takes to be the very best version of yourself for high performance, with vitality, energy and the strategies to sustain this.

CONFIDENCE

LEARN THE POWER

- » Show Up
- » Stand Up
- » Speak Up
- » Step Up



Develop and build your confidence muscle by exploring and understanding the four critical components of Real Confidence: Show Up, Stand Up, Speak up and Step up. Learn and share what gets in the way and how to overcome common derailers.

ADAPTIVE CHANGE

BREAK THROUGH LIMITATIONS

- » Big goals
- » Challenge assumptions
- » Make it stick



Based on the work of Robert Kegan and Lisa Lahey's *Immunity to Change*, this workshop will enable you, either as individuals and/or as a team, to make progress with important but persistently resistant leadership development goals.

STRATEGIC INFLUENCE

BE DELIBERATE ABOUT YOUR INFLUENCE & IMPACT

- » Observe
- » Interpret
- » Intervene



Mastering the art of influencing effectively will exponentially increase the chances of any individual or team's leadership impact and success. Learn to leverage the Adaptive Leadership Process to observe, interpret and intervene strategically for greater influence.

POWERFUL CONVERSATIONS

LEVEL UP FOR CONNECTION

- » Converse
- » Connect
- » Co-create



It is through great conversations that people connect, empathise, collaborate and grow. Identify and understand the different levels of your interactions to improve your impact and performance.

PERSONAL BRAND

ELEVATE YOURSELF

- » Plan It
- » Profile It
- » Project It



Being deliberate and cultivating your personal brand and reputation is one of the best ways to set yourself up for future opportunities and to help you stand out. Learn to authentically and proactively build your brand.

TO FIND OUT MORE ABOUT ANY OF THE ABOVE WORKSHOPS GO TO OUR WEBSITE TO VIEW AND DOWNLOAD THE BROCHURES. www.michellesales.com.au

YOUR FACILITATORS

Michelle Sales

Michelle has the ability to facilitate outcomes well beyond what leaders and executive teams ever imagined was possible.

With a passion for leadership, Michelle brings authenticity and warmth as much as a hard-hitting capacity to hold people to account.

She has helped thousands of leaders and their teams learn to show up as the best version of themselves, to build confidence and maximise their leadership performance and impact.



Angela Middleton

Angela's empathic, thoughtful and engaging style enables participants to be vulnerable and push themselves out of their comfort zone.

She has coached and mentored many people throughout her career with her most rewarding work helping individuals one on one to build their strengths and improve their confidence.

Angela knows how to get the best out of people to ultimately deliver great personal and business results.



'Thank you, it has really kick-started us on a journey towards becoming a real leadership team. There's lots more work to do but you've given us some great tools and a pathway to do it.'

Vanessa Eckhaus, Head of People & Culture
Alannah & Madeline Foundation

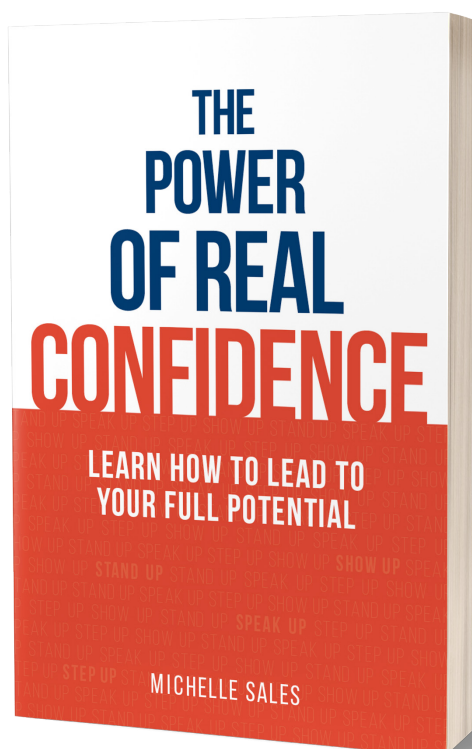
'A useful investment in time to reflect and think about the team, the individual members and how the team dynamics come together to drive a connected and united purpose and way of working together to achieve greater outcomes.'

Michelle is always an open, genuine and thoughtful presenter who makes the time to get to know the team to get the most out of the sessions.'

Cassandra Hewett, Head of Financial Crime
ANZ

'Michelle led the design and delivery of a high performing leadership team day. Her great facilitation and expert guidance resulted in the team walking out of the room at the end of the day set-up to work more cohesively and effectively, and with a clear purpose. We got through a huge amount of material without feeling rushed, and her honest candid style helped establish an environment that supported real-time feedback, vulnerability and out of comfort zone learning. I highly recommend Michelle and look forward to working with her again soon.'

Paul Kearney Senior Business Partner / People Experience
ME Bank



Get in touch



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