

The logo for Frontier, featuring the word "Frontier" in a bold, white, sans-serif font with a small dot above the 'i'.

Pioneering Leadership from the
College of Law New Zealand



Women's Leadership Development Programme

3 October 2022 – 14 March 2023

**Where: The College of Law
New Zealand, Auckland**

In detail

CPD hours:

40 - 50 hours

Price (excl. GST):

\$6,000 per person

Duration:

6 months

Level:

Some experience is desired as this programme is for aspiring leaders

Delivery Mode:

In person and online via Zoom

Developing the next generation of female leaders

Leadership might come easier to some more than others, but all leaders at some point will need to uncover their true potential and develop their essential leadership skills.

This programme is designed to help women unlock their leadership potential, uncover their strengths, develop self-awareness and critical thinking skills needed to become transformational leaders

Take the next step of your own leadership journey.

By the end of this programme, attendees will be able to:

- Clearly define their personal leadership style, values, goals and career aspirations
- Explain how the use of personality assessment tools impacts them personally and professionally
- Describe the differences between personality types and illustrate how best to build upon the strengths
- Understand their strengths and be able to articulate their professional brand and aspirations
- Compose a toolkit of skills available to build resilience within themselves and those around them
- Illustrate the value of developing a positive mindset, utilising key concepts such as reframing and authenticity
- Communicate effectively, both verbally and non-verbally while preserving one's authentic self
- Lead conversations while understanding different perceptions and managing defensive responses
- Apply the skills and principles of coaching through action learning groups

Programme Overview

All sessions will be conducted at the College of Law New Zealand office except for the Action Learning Group sessions which attendees will be allocated either the morning or afternoon session that will be delivered online via Zoom.

Session 1 My Personal Leadership	4 October 2022 9.30am – 1.00pm	<ul style="list-style-type: none"> Welcome and introduction Goal setting Understanding personal leadership My personal values
Session 2 My Personality Style	12 October 2022 9.30am – 1.00pm	<ul style="list-style-type: none"> MBTI debrief and activities Understanding my own style Understanding and managing personality differences
Action Learning Group 1	2 November 2022 Group 1 10am-12pm, Group 2 1-3pm (online via Zoom)	Group discussions and learning
Session 3 My brand and Resilience	22 November 2022 9.30am – 3.30pm	<ul style="list-style-type: none"> Defining my brand and reputation – Working with my highs and lows Identifying my strengths Managing stress and building resilience Personal change
Session 4 Healthy Mindset	6 December 2022 9.30am – 3.30pm	<ul style="list-style-type: none"> Developing a growth mindset Being pro- active Limiting self-talk and beliefs Imposter syndrome & authenticity
Action Learning Group 2	14 December 2022 Group 1 10am-12pm, Group 2 1-3pm (online via Zoom)	Group discussions and learning
Session 5 Power and Influence	31 January 2023 9.30am – 1.00pm	<ul style="list-style-type: none"> Understanding power Influence and persuasion Increasing my visibility Building my networks Assertiveness and setting boundaries
Session 6 Impactful Conversations	14 February 2023 9.30am – 3.30pm	<ul style="list-style-type: none"> Building rapport with individuals and teams Fundamental conversation skills Coaching conversations Managing conflict and difficult conversations
Action Learning Group 3	28 February 2023 Group 1 10am-12pm, Group 2 1-3pm (online via Zoom)	Group discussions and learning
Session 7 My Learning Journey	14 March 2023 9.30am – 1.00pm	<ul style="list-style-type: none"> Me at my best Development planning Presenting my learning Programme wrap up & celebration

Meet your facilitators



Kate Armstrong

Kate is committed to helping people bring out their best; working alongside individuals and teams to facilitate behavioural change, enhance wellbeing and strengthen authentic living. She facilitates psychologically safe spaces for people to unlock their potential through the cultivation of resilience and wellbeing practises.

Kate has been involved in the mental health and wellbeing field for the last 15 years and her career has given her the opportunity to live globally and work in various public sector organisations in the UK, Canada, Australia and NZ, alongside running a clinical private practice based in Auckland.



Karen Waitt

Through Karen's leadership development training, team building development and as a personal and executive coach, she helps people unlock their full potential by letting go of limiting beliefs and stepping into their full potential with greater confidence and motivation.

Karen has over 18 years experience delivering leadership development programmes and workshops that achieve the desired results. She facilitates team building programmes and team building activities focused on enhancing the way that teams collaborate to help organisations build emotionally intelligent, high performing teams for sustainable success for all stakeholders.

Testimonials

"I have gained a huge amount of confidence in myself and my role. I feel more empowered to stand up for myself, and to go after what I really want, especially in terms of career progression."

"It was a wonderful opportunity that I enjoyed a lot, and I met so many great women. Karen was a very capable and clear presenter and I thought she guided us through a lot of material with great professionalism. I learned a lot about myself and felt a lot of solidarity from the other participants, knowing other people are struggling with the same challenges as me."

"An empowering experience that has boosted my confidence immensely, both personally and professionally."

"I recommend all women who are interested or involved in leadership attend this course - invest and believe in yourself! It's a rare and wonderful opportunity to be able to take time to learn, fellowship and grow alongside other women and this course really offers time for you to dive deep into understanding your personal 'why'. The lessons taught have been revisited time and again during my work year and I've personally come away with an increased confidence and peace on 'who I am' as a leader."

For further information please contact

The FrontTier Team

Email: development@fronttier.co.nz

Phone: 09 300 3151