

## Practical Tools to Improve Personal Effectiveness

Our understanding of how to support people to develop personal leadership skills has grown exponentially in recent decades. This Leadership Learning Day brings together some of the latest leadership thinking, drawing on fields as diverse as Gestalt psychology and neurolinguistic programming, to give you a range of new tools and approaches which can support you in your work, whether or not you currently hold a formal leadership role.

Specific learning sessions will help you to deepen your self-awareness, build your emotional intelligence, explore your sense of purpose and vision, and improve your influencing skills.

Throughout the Learning Day, you will be introduced to new tools, see them applied through live demonstrations and then get a chance to try them out for yourself through practical exercises. This experiential workshop-style of learning has proven to be very effective in helping participants to understand how to use their learning to solve real life challenges back at school.

*"The day was great - lots of opportunities to apply the learning through practical activities."*  
School Principal attending Personal Leadership Learning Day

## Objectives of the Learning Day

- To reflect on your personal leadership and identify key leadership shift(s) for you.
- To learn some practical tools to build rapport with others and influence people more effectively,
- To gain a deeper level of self-awareness and understand how to manage your state and stay resilient.

Individual coaching and group coaching modules are available to follow on from this Learning Day.

## Outline Schedule

Timings to be finalised with host organisation

Time	Session
08:30	Welcome & Introduction
08:45	The Me-Us-It model as a leadership tool
09:00	Building your self-awareness Developing your personal resilience
10:30	Morning tea
10:50	Building rapport and influencing others Stepping into others' shoes
12:30	Lunch
13:15	Purpose and vision
14:45	Afternoon tea
15:00	Identifying your personal leadership shift
16:00	Reflection and personal action planning
16:30	Close

### About BTS Spark

BTS Spark offers targeted leadership development and coaching to school leaders and education professionals. We support school principals, school leaders, teachers and education Executives to develop their leadership practice through workshops, one-to-one coaching, group coaching, webinars and online learning.

Our leading-edge curriculum spans 34 leadership mindset shifts and our approach has won multiple global learning awards.

In Australia, we have delivered programs in every state and territory, partnering with Departments of Education, professional associations, AITSL and ACARA.

BTS Spark is a not-for-profit practice of global leadership consultancy BTS.