Something New in 2011

SASSAOA presents a

Leadership Day for Members only

Friday 1st April 2011, 9.00am - 4.15pm
EDC, Milner Street, Hindmarsh

Guest Presenter: Michael Licenblat

"How to Become Pressure Proof and Resilient to Tension in Work and Life"
Has work pressure ever made you feel tired, irritable or unwell?  
Does your ‘get up and go’ seem to have got up and gone?  
Does dealing with negative people make you frustrated?  
Is work-life balance not working for you?

In today’s busy world, you will be under great stress to deliver more in less time with fewer resources. You will face conflicting demands, longer working hours, and constant change in an environment that keeps getting tougher, busier and faster. **Will you be resilient enough this year?**

In this practical interactive seminar, you will learn how to better manage your ‘stress triggers’ before they affect you using a range of mental, physical, emotional resilience building strategies that help you stay calm, focused, energised and motivated when working under pressure.

When you get upset it can throw your focus, productiveness and emotional wellbeing for the entire day. In this program you will learn how to read other people’s ‘Pressure Patterns’ and know what to do (and say) to resolve situations and not take people’s comments to heart.

You will also discover the key ingredients to strike a practical and healthy integration between your work and personal life. You will identify the blocks that sabotage your life balance and create strategies to overcome them.
Our program facilitator, Michael Licenblat, is a Resilience Expert. For the past 10 years Michael has worked with the top companies around Australia teaching their staff how to become 'pressure proof' and bounce back fast from stress, setbacks, and tension in their work and life.

Michael has delivered presentations to organizations such as Coles Myer Ltd., Pitcher Partners, SEEK Communications, Victorian Parliament, CEO Institute, Maunsell, Recoveries Corporation, VECCI, Productivity Commission, Department of Justice, and Swinburne University.

Michael has also authored the CD series ‘How to handle difficult, demanding and negative people – without becoming drained’, and authored the e-book ‘Turning Stress into Energy and Enthusiasm’.

At the end of this program, you will know how to:

- Get more done by becoming solution focused and staying ‘in flow’ when dealing with heavy work loads and looming deadlines.
- Stay ‘cool’ and calm under pressure, and in control of your emotions
- Keep your energy high when working for hours on end
- Maintain confidence, optimism and enthusiasm when faced with setbacks and challenges.
- Let go of worries that go round and round in their head
- Deal with disgruntled or ‘energy zapping’ people without becoming uptight or drained.
- Work and communicate well with any type of person by reading their ‘Pressure Patterns’ so that you know what to say and do to resolve conflict, tension or negativity.
- Stop dragging your work stress through your personal life by creating a work-life balance.
- Start each day feeling fresh by unwinding your mind and relaxing your body
- Developing an action plan that can be immediately applied to your current issues

As part of the program, you will also receive...

- Two e-books ‘Become a Pressure Proof professional’ and ‘7 ways to prevent becoming over worked, run down and stressed out’
- Audio CD on ‘How to become resilient and turn stress into energy and enthusiasm’
- Online 10-part follow up program (Total value: $150)

"Your strategies have helped us to both embrace that pressure and to know how to use it to enhance our performance and productivity. Your practical strategies on work-life balance and personal maintenance were also very well received. Thank you for an entertaining and enjoyable presentation and for helping us to build a ‘resilient workforce’.”

Julianne Ross, CHN Herold Ross
www.chnheroldross.com.au
To Register:

- Access our website: www.sassaoa.sa.edu.au

- Follow the prompts to "Leadership Day 2011" & complete your details

- You will receive an acknowledgement of your registration

Numbers Strictly Limited!
SASSAOA Members only!
FREE - Register soon!

Reminder:
2011 Membership due 28th February