

CORP CATCH UP

MARCH 2016

Resilient Leadership Retreat 2016—BALI

Come together and connect with other experienced and emerging leaders in the beautiful Ubud.

Reflect – Recalibrate – Revitalise!

Reconnect with the leadership vision and the legacy that you want to create.

Reflect and take stock of your strengths and leadership challenges.

Learn about the latest developments in neuroscience and brain research and how this relates to better managing yourself, managing your workplace relationships, dealing with conflict and leading through change.

Build awareness of mind/body connections and your habitual patterns.

Recalibrate - activate your internal resources and become more adaptable and resourceful.

Revitalise – restore your energy and develop personal resilience rituals.

Over four days you will have the opportunity to benefit from group learning as well as two private individual coaching sessions.

This retreat will be facilitated by Psychologist Louise Page and Executive Coach Suzanne Walshe

When—8-13th September '16

Contact CORP on 8941 5661. Expressions of interest only at this stage. Numbers Limited to 10 people max.



This months edition

- Bali Mindfulness Retreat
- Too Young Too Retire?
- Public Workshop Calendars, Darwin, Alice and Katherine



<https://www.facebook.com/corp.org.au>

With *Special Guest* presenter Louise Fogg

Attend The 2 Young 2 Retire three part Public Workshop:

What's Next?

This is a question that increasing numbers of people 50 and over are asking themselves. The good news is there *is* a Next. If you are ready to move on from your current career, *what's next* could be a span of years equal to your entire working life. That's way too much time to fill with 24/7 leisure, and way too much time to approach without preparation.

2Young2Retire is a series of three half day workshops focused on lifestyle planning for recharging and rebalancing the next phase of your life, exploring the key questions of Who will I be? What will I do? How will I matter? There will be a two week break between each half day workshop.

The workshops focus on the different elements of the 2Young2Retire philosophy: working, volunteering, money, wellness and leisure, as well as topics of the group's choosing. Creating new possibilities for yourself is what the 2Young2Retire workshop is all about. For more information about the work of 2young2retire, see www.2young2retire.com.

Over the sessions you will:

explore a number key life areas, assisting you to reflect and reorder your priorities
create a vision of the life you would like to live next, developing a plan with some goals aligned to your core values, and key next steps.

HOW

We will connect with each other as a large group and in small groups using a Conversation Café process, a circle of facilitated confidential sharing where everyone is heard.

WHY

Peer learning like this is powerful. Most of us are better at tackling other people's challenges than we are with our own. Out there, someone is ready to steer you in a direction you wouldn't have found for yourself. Group work motivates accountability, and inspires action.





2016 Dates:

Part 1: 19th August

Part 2: 2nd September

Part 3: 16th September



louise fogg
COACHING

Louise Fogg – A Bio

After 30 years in the NT, working full time in education, Louise has 'refired' her life to achieve a work/life balance, focusing on healthy living, meaningful work, rewarding relationships and continual learning. She believes that we are so much more than our career.

Louise is constantly learning and growing as a coach and facilitator. She is an accredited coach through **Cognitive Coaching SM** and the Neuroleadership Group's **Results Coaching**. She is also an accredited facilitator for **2 Young 2 Retire**.

Louise wants everyone to be supported and challenged to think constructively about what they do with their bonus years (the 20 -30 years that span midlife to old age), focusing on both the external and internal changes such as how we look, feel, our sense of who we are and what's important to us.

She coaches mature people who are struggling to let go of their career identity and want to redesign the next phase of their life, living with purpose and passion. With such support people can see the possibilities, manage the uncertainties and take advantage of the opportunities.

Half Day Workshop - 8:30 am – 12:00pm \$140

Refreshments

Morning tea is provided for half day workshops.

Location

Level 2 Highway Arcade, 47 Stuart Highway, Stuart Park

Public Workshop Calendar

Darwin

Feb-June 2016



Date	Workshop	Duration
Thur 4 th Feb	Appropriate Workplace Behaviours for Staff- Bullying and Harassment— now includes Cyber Bullying in the Workplace!	Half Day
Fri 12 th Feb	Life Planning for 2016	Half Day
Tues 23 rd Feb	Mediation and Conflict Skills for Managers – Enrol a Colleague and you get 1 place for half price!	Full Day
Thurs 25 th Feb	Team Building in 5 Easy steps <i>CORP Talk!</i>	One Hour
Tues 8 th March	Customer Service	Half Day
Thurs 17 th March	Mindful Leadership- Having those Difficult Conversations	Half Day
Weds 23 rd March	Mindfulness and Managing Stress- 1 Day Retreat- Rydges Resort	Full Day
Thurs 31 st March	Are you job ready? <i>CORP Talk!</i>	One Hour
Tues 5 th & Weds 6 th April	Mental Health First Aid	2 Days (\$552)
Weds 13 th April	Getting your Message Across: Key Communication Skills	Full Day
Wed 20 th April	The Neuroscience of Leadership <i>CORP Talk!</i>	One Hour
Thurs 28 th April	Emotional Intelligence- What's your EQ?	Full Day
Thurs 5 th May	Increase your Tolerance-Keep Calm and Carry on! <i>CORP Talk!</i>	One Hour
Weds 11 th May	Leading Change	Half Day
Thurs 19 th May	Alcohol Withdrawal and Brief Intervention	Full Day
Weds 25 th May	Mental Health Awareness <i>CORP Talk!</i>	One Hour
Thurs 2 nd June	What drug is that?	Full Day
Tues 7 th June	Critical Incident and Trauma Response for Managers <i>CORP Talk!</i>	One Hour
Thurs 16 th June	Life Coaching-An Introduction- Do your own Life wheel for Work life Balance	Half Day
Weds 22 nd June	Get to the point-Communication for Managers	Full Day
Weds 29 th June	Mindfulness and Managing Stress 1 Day Retreat- Rydges Resort	Full Day

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Katherine
P. (08) 8941 5661

www.corp.org.au

Full Day Workshops

8:30am – 4:00pm
(1 day) Lunch provided
\$265

Half Day Workshops

8:30am – 12:00pm
\$140

CORP Talks !
\$39 –Darwin

Locations:

Level 2 Highway Arcade, 47 Stuart Highway, Stuart Park



Public Workshop Calendar

Alice Springs

Feb-Nov 2016



Date	Workshop	Duration
Thur 4 th Feb	Appropriate Workplace Behaviours for Staff- Bullying and Harassment- now includes Cyber Bullying in the Workplace!	Half Day
Tues 26 th April	Mindfulness and Managing Stress- 1 Day Retreat	Full Day
Tues 10 th May	Building a Great Customer Service Team	Half Day
Thur 16 th June	Mediation and Conflict Skills for Managers	Full Day
Tue 16 th August	Emotional Intelligence- <i>What's your EQ?</i>	Half Day
Thur 20 th October	Getting your Message Across- Key Communication Skills	Full Day
Tue 15 th November	Mindful Leadership- Having those Difficult Conversations	Half Day

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Please note that CORP can also offer training programs in the below topics and they can be tailored to meet your specific workplace needs.

- Time Management
- Resume Writing
- Customer Service
- Communication for Management
- Motivational Interviewing
- Dealing with Aggressive Clients
- The Neuroscience of Leadership
- Difference and Diversity- working in a mixed team effectively
- Workplace Culture and Change
- Family and Domestic Violence
- Mediation Skills for Managers
- Critical Incident and Trauma response for Managers
- Giving and Receiving Feedback
- Resiliency

Full Day Workshops

8:30am – 4:00pm
(1 day) Lunch provided
\$265

Half Day Workshops

8:30am – 12:00pm
\$140

Locations:

Jock Nelson Building
10/16 Hartley
(numbers dependant)



Public Workshop Calendar

Katherine

Feb-Nov 2016



Date	Workshop	Duration
Tues 9 th Feb	Resiliency and the Brain on Change	Half Day
Tues 12 th April	Goal Setting	Half Day
Tues 24 th May	Getting your Message Across: Key Communication Skills	Full Day
Weds 20 th July	Dealing with Dysfunctional People in the Workplace	Half Day
Tues 16 th Aug	Mindfulness and Managing Stress – 1 Day Retreat	Full Day
Weds 14 th Sept	Conflict Resolution	Half Day
Weds 19 th Oct	Increase your Tolerance- Keep Calm and Carry on! – <i>CORP Talk!</i>	One Hour
Weds 9 th Nov	Work Life Balance	Half Day

All Public Workshops in Katherine require a minimum of 10 participants in order to be confirmed.

CORP has a 72 hour cancellation policy. Please contact us as soon as possible if you are unable to attend a workshop you are enrolled in, or charges may apply.

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Full Day Workshops

8:30am –
4:00pm
(1 day) Lunch
provided
\$285

Half Day Workshops

8:30am –
12:00pm
\$175

CORP Talk:
\$45

Location:

The Katherine
Regional Training
Centre, 19
Second Street

