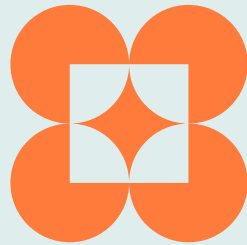
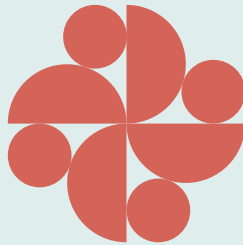
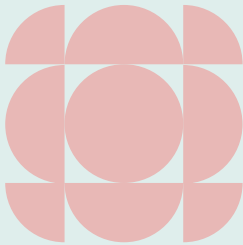


# The Flex

THE FEMALE LEADERSHIP EXPERIENCE



WITH MIDJA

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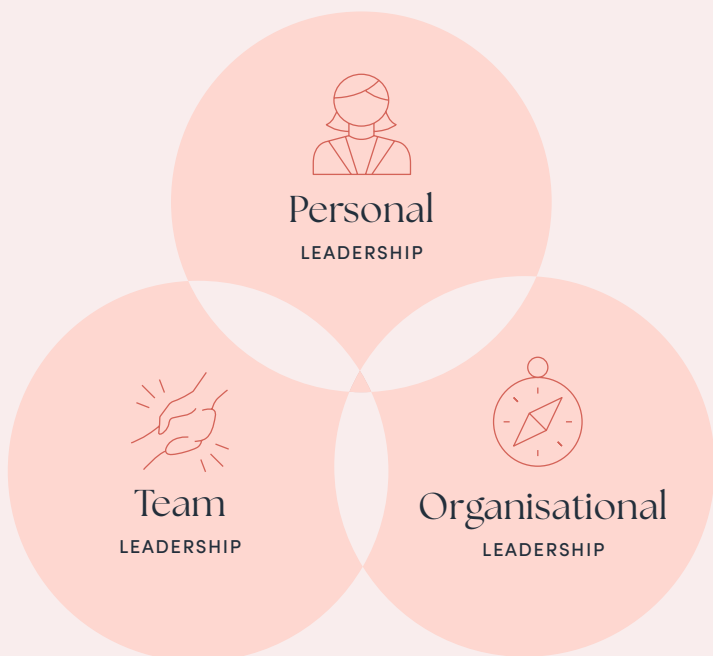
**AN EXPERIENCE FOR FEMALE LEADERS  
TO LEARN, GROW AND LET PERFECTION GO.**

# This is a space for you to exclusively embark on your own leadership development journey.

From online monthly masterclasses and Q and A coaching sessions to an annual leadership retreat, I want you to get into the habit of regularly flexing your leadership skills and putting them to good use. The Flex Experience will give you easy to implement tools, models, strategies and behaviours – ready to use in your role.

## ***And want to know the awesome part?***

You'll be doing this with like-minded women, who are just as fired up as you are to get the mojo back.



## The FLEX is for you if you:

- Are a professional woman in a leadership role
  - Push yourself too hard and take on too much
  - Struggle with imposter syndrome and hold back your ideas
  - Feel restless and want more or something different in your career
  - Are keen to learn and grow
  - Feel lonely in your role and want to share your experience.
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## And you're looking for...

- **More confidence:**  
You want to feel courageous and able to be yourself
  - **More influence:**  
You want to step up in your career and take the lead
  - **More focus:**  
You want to do what matters most and say no to the unimportant
  - **More vision:**  
You want clear goals and a plan for your next career move
  - **More fun**  
Because you want to laugh and love your work!
- 

## As a result of joining the FLEX experience you will...

- Build unshakeable confidence
- Regain your mojo and feel motivated and energised
- Learn the skills to deal with any leadership challenge
- Clarify your 'what next' and how to get there
- Become focussed on what matters most
- Put yourself first and feel in control of your life and leadership role
- Lead with both kindness and courage
- Get that next promotion
- Feel supported and nurtured in a community of like-minded women
- Become an industry leader with influence.

# Invest in YOU

The FLEX experience is a monthly investment in your leadership development. It's a space for you to put yourself first and exclusively embark on your own leadership learning journey, alongside other like-minded women.

For \$200 a month, you'll receive:

## Leadership Masterclasses:



1-hour live interactive sessions held every month covering topics tailored to the exclusive FLEX collective of women.

Let me curate content for you each month that's highly relevant and will make all the difference in your leadership role (and in your life!). We'll not only cover foundational skills and principles but also explore the latest research and strategies. You'll walk away from each masterclass with an easy-to-implement tool.

## Live Q and A sessions:



Monthly 1-hour sessions where I will tackle your current challenges and offer coaching in real-time. I'll take 2 or 3 live issues and workshop the tools and strategies to move forward and find a solution. When we share our experiences and challenges, we all learn.

## An online leadership course:



Unlimited instant access to my online course, over 30 videos, 3 workbooks and an online library of useful resources and TED talks. (valued at \$500)

## My books on leadership:



Complimentary copies of my books: *"Unshakeable Confidence"* and *"Take Off the Cape"*.

## A leadership retreat:



Enjoy a discounted pass to The FLEX Retreat launching in 2024. You get to connect, learn and hang out with me and other like-minded female leaders at my in-person retreats.

## Why invest in the Flex Experience?

Because you want to be a leader on your terms. You want to lead with unshakeable confidence, authenticity, and impact.

You want to build a team that performs through growth and change. And you want to have career-defining conversations and interactions.

The FLEX Experience will give you the support, strategies and community you need to make it happen.

This program is BY FAR the best way to learn from me because I teach every tool and strategy to build your confidence and step into your next role.

## You will learn EVERYTHING you need to create your ideal leadership role:

- Personal branding and vision
- Persuasion and influence
- Time and energy management
- Delegation and trust-building
- Innovative and divergent thinking
- Intergenerational leadership
- Coaching and feedback
- Conflict management
- Team building and motivation
- Clear and authentic communication
- Strategic planning and execution
- Cultural leadership.

Flex your leadership skills and join the FLEX Experience today!

Scan the QR code to apply.



# Flex with me

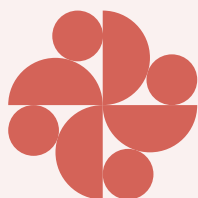
It's real. It's unfiltered. It's the type of insights, strategies and coaching you personally need in your role as a female leader.



## Flex your mindset

To become a confident courageous leader. Restore your mojo and learn to love leadership again.

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## Flex your style

To create a leadership brand that is uniquely you. Carve out a role that allows you to do your very best work and leverage your personal skills and experience.

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## Flex your skills

To take your leadership up a notch and see your hard work pay off. Make a meaningful impact and gain the know-how to manage conflict, change and growth.



## About me

I want to help women realise their leadership potential. Self-doubt, burnout, and imposter syndrome can be barriers to leadership, but you can overcome them and be a leader on your terms. I've done it, and I want to share my knowledge and experience to help others, especially women, see that it is possible to love leadership.

*Midja*

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*"Midja is a wonderful mentor who teaches women how to be strong and powerful leaders. I will carry her invaluable tools with me throughout my career."*

**JODIE BURGER**

*"Midja has an energetic ability to inspire our firms' leadership team to grow our people to their full potential. She has provided me with thought provoking and challenging leadership, mindset and values content for some years now."*

**MELANIE FINDLAY**

*"Midja's mentoring program delivers. She is kind, a thoughtful listener, and is motivating just by being in her presence."*

**MEGHAN BARR**

*"I have worked with Midja for a number of years engaging her services both as a mentor, and a facilitator. Her presence and style has a magic to it. She inspires confidence and empowerment and after each session I came away excited to carve out new ideas, push boundaries and smash some goals."*

**CLARE EVES**

# The Flex



[www.midja.com.au/the-flex](http://www.midja.com.au/the-flex)

