

High Performing Teams

Corporate programs to increase team effectiveness and performance.



Delivery

Options

WORKSHOPS

These half day power-packed workshops cover the issues impacting teams today. The workshops give participants the opportunity to learn from their collective experience and gain strategies and skills that can be implemented immediately into the workplace.

ACCOUNTABILITY SESSIONS

These short sharp one hour sessions (held after workshops) build on participants understanding from the workshop and involves a discussion about how the strategies have been implemented. It gives participants the opportunity to ask questions, unblock barriers and solidify their key learnings. These sessions can be done face-to-face or virtually.

DIAGNOSTIC TOOLS

The following diagnostic tools can be added to the workshops to provide participants with valuable insight into their motivators, behaviours and skills, assisting them to develop individual goals for the program.

- Clifton Strengths Finder
- Belbin Team Roles



Workshop

Topics

PERSONAL LEADERSHIP

Perform at Your Best

- Identify personal strengths and amplify them (Clifton Strengths diagnostic - optional)
- Take responsibility, accountability and ownership
- Emotional intelligence to build self-awareness and regulation
- Make better decisions and respond rather than react
- Be yourself, even under stress
- Motivate yourself and deal effectively with setbacks

EFFECTIVE TEAMWORK

Create Team Chemistry

- Identify the key attributes of effective teamwork
- Understand the stages of team development
- Value behavioural differences in the team
- Build high trust as a team foundation
- Set the team ground rules - above and below the line
- Understand your team role and contribution (Belbin diagnostic -

03 optional)

EFFECTIVE COMMUNICATION

Understand and Influence Others

- Understand your own communication style
- Manage your non-verbals to enhance your communication
- How to handle difficult or emotional conversations
- Tools for clear, confident and concise communication
- The impact of technology on communication
- Active questioning and listening skills

STOP THE BUSYNESS

Manage your Time and Focus

- Manage attention span and energy
- Take control of your to-do list and calendar
- Understand the difference between urgency and importance (time matrix)
- Learn to say no with honesty and respect
- Prioritise to deliver results
- Identify time wasters and implement strategies to reduce their impact

About

Midja

Hi. I'm Midja and I help create confident leaders and inspiring workplaces.

I've spent the last 20+ years in the corporate world as a legal partner of an ASX listed national law firm and a learning and development specialist.

During my career I have mentored and coached leaders and facilitated hundreds of corporate workshops. What's unique about me is my infectious energy, enthusiasm and optimism, coupled with my extensive corporate leadership experience.

My clients include Townsville Toyota Cowboys, ABA Legal, PKF Accountants, QLD Law Society, SAP, Ashurst, QLD RSL and Leading Roles.

When I'm not working with clients, I can be found soaking up the sun on the GC beaches and sipping champagne whilst sharing worst-date stories with my girlfriends!



Personal Testimonials

"I had the pleasure of attending a three day leadership residential program where Midja was the key facilitator. Not only did the content change my perspective, but Midja delivered it in a way that made it easy to understand, relatable and fun. Midja was so down to earth and relatable to all the people on our residential program (and there were many personalities in the room). We didn't want our time with her to end. I will be looking to Midja for any future coaching or development needs. Amazing."

Skye King, Manager, NGS Super

"We had the pleasure of working with Midja over two days covering all things leadership. She was engaging and knowledgeable. We learnt so much about ourselves and took away many ideas for both our professional life and our personal lives. Thank you Midja, it was amazing!"

Justine Fletcher, Law Practice Professional

"Midja's ability to get you thinking about how much more effective you can be as a leader is a true skill. She is a dynamic and energetic facilitator, she is authentically Midja!. I highly recommend Midja's workshops and leadership programs to all those leaders who are not quite comfortable where they are and dream of being so much more."

Natasha Anich, Marketing Manager, SaaS Technology

Next Steps

STEPS FROM HERE:

1. Contact me at midja@midja.com.au to book a time to discuss your team's current challenges and development needs.
2. You'll then receive a recommended customised program and possible start date.
3. Confirmation will be sent with final terms and conditions along with deposit for 50% to hold program.
4. Program runs and final invoice is sent once the first workshop is delivered.

If you have any questions please don't hesitate to contact me on 0408 718 445 or email midja@midja.com.au.

Champagne and Sunshine,

