

DAY 3 - 12 SEPTEMBER

FOCUS ON YOU - PURPOSE, MOTIVATION & FULFILMENT

Chances are, over the past two years you have been waiting for things to settle down. Treading water, hoping to get back to a relative "normal" status quo.

Well, that's all in the past - today's all about you!!

Dust off those goals and inspirations, it's time to be bold.

Remember what you wanted from life. Think of all the things you've put on hold for the past couple of years and shake off those doubts.

Today provides the opportunity to dream bigger, so start dreaming BIG!!

We know you want more out of work and life, and today is all about reminding you just how unstoppable you can be.

Today's five exceptional speakers will inspire you with their own stories and lessons learned through hardship and success. They know what it takes to build momentum after adversity and focus on results. Use today to reconnect with your purpose and get serious about your future.

1.00 PM WELCOME

1.15 PM PREPARING TO SUCCEED WITH A SMILE ON YOUR FACE



There is a pressing need to focus on Mental Health and emotional well-being – of ourselves, our colleagues, our families and those we love. This first session addresses the pressures the modern world can place on people, especially within the EA role.

Creating a resilient mindset is a skill. And like any other skill, you can get better at it with training and practice. Being emotionally resilient not only helps create your best working life, but it also allows you to go beyond your own perceived limitations.

Start the day off right – with insights into how to be at your best.

- Understanding the science of positive psychology and emotional intelligence and the roles they play in positive well-being.
- Learn the tips and tricks to you can feel happier, stronger and healthier, every day.
- Create greater opportunities and possibilities for your organisation, your Executive and yourself.
- How EA's can lead in creating a satisfying workplace and positive culture within your organisation.

by TBC

2.00 PM MAKING WORK MEANINGFUL – REIMAGINING JOY



We have never experienced a time like this before. Fear and uncertainty are undermining people's work, health and relationships – In this session we are re-examining what JOY actually looks and feels like.

Now, more than ever, we need to re-frame everything that is going on and educate people and give them the skills to deal with the 'uncertain and constantly changing new normal'. This session has been designed to restore your sense of control, no matter what your circumstances.

Amanda will re-engage you with your passion, meaning and purpose at work.

- How to re-energise and re-align yourself and colleagues
- How to re-inspire, re-focus and re-store meaning
- How to re-ignite confidence and enthusiasm
- How to re-think everything!

by Amanda Gore

2.45 PM THE MAGIC OF ALIGNING TO SUCCESS



What does it take to make it to the top? This session will help you explore the magic of persuasion and how you can harness it to propel you forward. You need to understand what works for you and how to balance this in the workplace and home.

The EAs greatest tool is their ability to influence and persuade. Magic is the same. Without the ability to sell others on either your ideas or solutions there is no business. As a magician without the ability to sell there is no magic.

Josh explains and demonstrates live on stage the principles that allow you to engage and create an atmosphere more compelling to your outcomes. There is no one size fits all. So let's size you up for success.

by Josh Norbido

3.30 PM BREAK

4.00 PM OVERCOMING THE UNKNOWN – CONQUERING FEAR



Everyone dreams of living a bigger life, free of fears and emotional limitations. Fear is what holds us back from taking the next step in our career and life. Fear of the unknown, fear of failure, and fear of looking incompetent can all paralyse you in the workplace. The key to moving past this perspective is reframing fear as a tool to help you navigate the way forward.

Learn how you can tap into your own inherent resources in the face of insurmountable odds. When the critical voice in your head is screaming at you, learn how to make focussed and deliberate actions in spite of fear. Move forward with purpose and know that with courage and a burning desire to succeed, nothing can stop you from reaching your goals.

- Understand how fear serves you.
- Assess, adapt and overcome in the face of the unknown.
- Develop an unstoppable mindset that propels you forward.
- Build a life of courage and opportunities.

by Mark Mathews

4.45 PM OVERCOMING THE IMPOSSIBLE



What do you do when all the odds are against you? In this final session we'll hear exactly what is possible when those around you are telling you to be "realistic". When others say you "can't", that's the time to dig deep and really show the world what you can achieve.

Our final speaker has shown how the little guy can take on the giants and succeed.

One of the greatest pleasures in life is achieving things people say can't be done!

Hear the inspiring story of success in spite of the odds and apply these lessons to your own life.

- Be inspired and overcome your own limitations.
- Seek out challenges and stretch yourself for greater success.
- Make the impossible possible.
- Hear what Passion and Determination can achieve in life.

by Tom Potter

5.30 PM CLOSE OF SERIES

5.30 PM COCKTAIL FUNCTION

7.30 PM CLOSE OF DAY

"Leadership is not about a title or a designation. It's about impact, influence and inspiration."

Robin S Sharma