

focus your energy and drive

SUPERWORKING PROGRAM

SW

Improving business thinking, performance and output

The Leadership Consortium has brokered a special members' deal with Australia's principal deliverer of Superworking workshops, Qualia Learning Network.

Superworking is an outstanding, internationally-recognised personal and professional improvement program. Superworking increases the business effectiveness of leaders working in a hothouse environment where authentic relationships are critical and high-level performance is a given.

Stress and low energy caused by leading in a complex, dynamic environment undermines performance, relationships and business outcomes.

Superworking is a proven way of delivering improved resilience and an increased capacity to manage time pressures, complex decisions and critical deadlines. The Superworking program allows leaders to get more done, more effectively, and in less time.

Using adult learning principles applied in the development of professional athletes, astronauts and performing artists, Superworking provides leaders with the practical techniques, proven tools and critical knowledge to improve not just **what** they do, but **how** they do it as well.

The results are greater efficiency, improved capacity and enhanced creativity. Learning is faster, and participants report a vastly improved capacity to maintain clarity and calmness in the most challenging circumstances.

Superworking aligns well with programs already developed by the Leadership Consortium. It focuses on:

- ⋈ effective individual practice – identifying and building on leaders' personal resources to consistently deliver their best;
- ⋈ executive wellness – providing tools for greater resilience in the demanding corporate and business environment;
- ⋈ corporate culture – enhancing and supporting cross-divisional synergy and team co-operation.

“We have used the Superworking program to address concerns around work intensification, globalisation of management structures, work schedules and general volatility of organisational structures. I would thoroughly recommend the program to the Consortium. The expected business benefits are improved productivity, less health absence and a better staff morale.” **Kairen Harris**
- HR General Manager,
Australia & New Zealand
The Shell Company of
Australia Limited

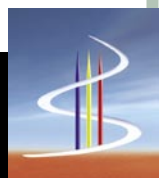
28% reduction in working hours

Superworking at a glance...

- Four full-day workshops conducted over one month.
- Proven principles of adult learning and well-being.
- Holistic approach focuses on cognitive function, accelerated learning, increased creativity and building emotional intelligence.
- Offered to Consortium members at 25% below normal program cost (a saving of \$500)

senses
hear
speak
touch
see

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Program timeframe

The Superworking program takes place over one day a week for four consecutive weeks. This enables participants to explore and test the approach in the period between workshop days. The Consortium has arranged the following calendar as an exclusive opportunity for members to benefit from the Superworking approach.

Superworking Program Calendar 2008

FEBRUARY 2008

Melbourne:	Registration due
February 11, 18, 25, March 3	21 Dec
May 12, 19, 26, June 2	14 Mar
August 5, 12, 19, 26	20 Jun
November 11, 18, 25, December 2	26 Sep

Sydney:	Registration due
February 13, 20, 27, March 5	21 Dec
May 14, 21, 28, June 4	14 Mar
August 7, 14, 21, 28	20 Jun
November 13, 20, 27 December 4	26 Sep

What participants say

The Superworking program has:

- ⋈ Helped me to be more effective under stressful situations
- ⋈ Reminded me how important it is to balance personal time in order to be more effective overall
- ⋈ Been highly beneficial in highlighting the need to balance work/life priorities
- ⋈ Provided sustainable techniques to address professional effectiveness
- ⋈ Provided increase energy levels which enable me to do more in less time

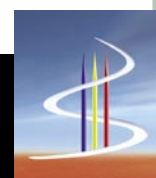
“Techniques such as mental time out I use as and when required. Problem solving and whole brain thinking I use all the time. I believe my work is more effective now; I can focus more on the key issues and solve problems more quickly. I am also more resistant to distractions, stress and outside pressures.”
Group Resources Geologist, Aurora Gold, Western Australia

Better staff morale

“The program is easily the most productive training and development program I have undertaken. I thoroughly enjoyed Superworking. The techniques we learned are practical enough to use everyday. I can feel the difference.”
Communications Consultant, Australia Post

Focus on the key issues

senses speak touch see hear



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Program configuration

Workshop 1

Preparing the mind and body for peak business performance; sustaining high levels of effectiveness under pressure.

Workshop 2

Cognitive strategies – right brain/left brain processes and how to develop more of the mind for problem solving, creativity, interpersonal effectiveness and memory.

Workshop 3

Strategies for enhancing whole brain thinking and team management.

Workshop 4

Brain food. Personal goal setting and achievement. Aligning long-term vision with current reality and business expectations.

Investment

The program investment is \$2,500 (inc. gst) per participant for Consortium members.

“Getting off the treadmill ... and having a good look at myself has resulted in me becoming a much more positive, calm and effective team leader. I have the ability to identify triggers that effect performance/behaviour and deal with them early.”
**Manufacturing Director,
Kraft Asia**

A real life changer

Evidence of what
Superworking delivers

Legal firm

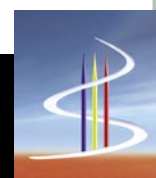
28% reduction in working hours
4% increase in chargeable hours

Major Australian financial
institution

50% reduction in absenteeism
250% increase in promotion rate
4-year reduction in assessed
'health age'

*“Best professional
development and self
development program that
I have attended in years. I
will be recommending it to
colleagues and friends”*
Senior Executive, IBM

senses speak touch see hear



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Better learning, increased well-being: why the Consortium is engaged with Superworking

The aim of the Leadership Consortium is to provide our members with the best opportunities for building the performance, skills and capabilities of their leaders.

We do this through the development of leading-edge executive development and leadership programs. Consortium programs are intentionally challenging – they provide experiences and information that take leaders to another level of performance.

After investigating the range of programs that deal with executive effectiveness, we are convinced that Superworking offers something special for our members. The program delivers ways to keep leaders resilient, focused and operating at their peak. The style and design of the program also contributes to both the personal and professional capabilities of leaders in challenging corporate environments.

The benefits include:

- ⌘ getting more done in less time with less stress;
- ⌘ thinking more clearly and creatively under pressure;
- ⌘ protecting health and well-being during periods of sustained high stress;
- ⌘ focusing faster and more sharply on the things that matter to your business;
- ⌘ developing a 'whole-brain' approach to problem solving and business decision making;
- ⌘ handling difficult communications, confrontations and negotiations with minimum conflict and maximum effectiveness;
- ⌘ balancing work, family and leisure more effectively.

Research into the effectiveness of senior business leaders demonstrates that sustainable performance in the rapidly changing global environment depends on leaders maintaining a balance in the emotional, intellectual and physical parts of their lives.

Superworking is an ideal tool for developing and maintaining professional effectiveness. Its proven approach is backed by both research and results.

"I am getting more done in less time, have more energy, I'm more alert, need less sleep and feel less stress."

**Division Director,
Information Services,
Macquarie Bank**

"I heard this program was amazing but I never really thought I would get the benefits I have after the very first week."

**Organisational
Development Consultant,
Australia Post**

"This is by far the most rewarding course I have ever been on. It has given me the tools and knowledge to achieve real results."

Executive, Shell Australia

*250% increase in
promotion rate*

Used by Shell, ANZ, Barclays Bank, Australia Post, IBM, Victoria Police and Federal government, plus companies in media, mining, legal services, service industries and others.

Work is more effective

50% reduction in absenteeism

For more information and bookings

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