



Presentation Information



THE HAPPY HEALTHY LEADER Same Page Workshop

Achieve your potential even during a crisis

Leaders have faced unrelenting pressure during the pandemic as they juggle the economic and psychological impact on themselves as well as those in their teams. The fact is, to lead well, they have to look after themselves first. Margie knows firsthand what it's like to hit rock bottom and feel uncertain about what lies ahead.

The Happy Healthy Leader workshop is based on the evidence-based program created by psychologist, executive coach and author, Margie Ireland. The Happy Healthy Leader is a step-by-step guide to help executives and leaders get back on track. In this workshop, Margie will share some of key steps in this program which are interactive and fun.

In this workshop, Margie will help your Leadership Team:

- Understand what negatively impacts Leadership teams from being on the same page
- Explore what may be holding your team back from being their best
- Uncover any issues of trust, conflict, commitment, or accountability
- Learn some new techniques that foster greater trust and healthier conflict
- Agree on an action plan that will get your team back on the same page
- Learn some strategies that have proven to help Leaders better navigate stress and change

Attendees of Margie's presentations and workshops always go away with new insights and many "aha" moments as well as some very practical tools and tips.

About the Presenter

Margie Ireland is a leadership expert, practicing psychologist and keynote speaker. She has been consulting for organisations for over 25 years, creating a new path for leaders and organisations to connect and engage with their people in a more effective, unique and meaningful way. Margie's approach offers a commercial and psychological lens for leaders striving to reach their potential.

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