



## Presentation Information



### THE HAPPY HEALTHY LEADER

*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. Margie will share some of key steps in this program which are interactive and fun.

In this powerful workshop/presentation, Margie will help you:

- How to have a resilient and healthier mindset
- Build effective and healthy relationships with colleagues
- Have greater team engagement and respect
- Achieve greater overall wellbeing

Delivery is in a 1¼ hr and ½ day format.

(Margie will be able to advise which format best suits your needs, following a pre-booking discussion)

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.

#### Author Social Links

- Website: <https://margieireland.com/>
- LinkedIn: <https://www.linkedin.com/in/margiei/>

Schedule a 30 minute pre-booking call [HERE](#) or you can also email [speaking@margieireland.com](mailto:speaking@margieireland.com)

