



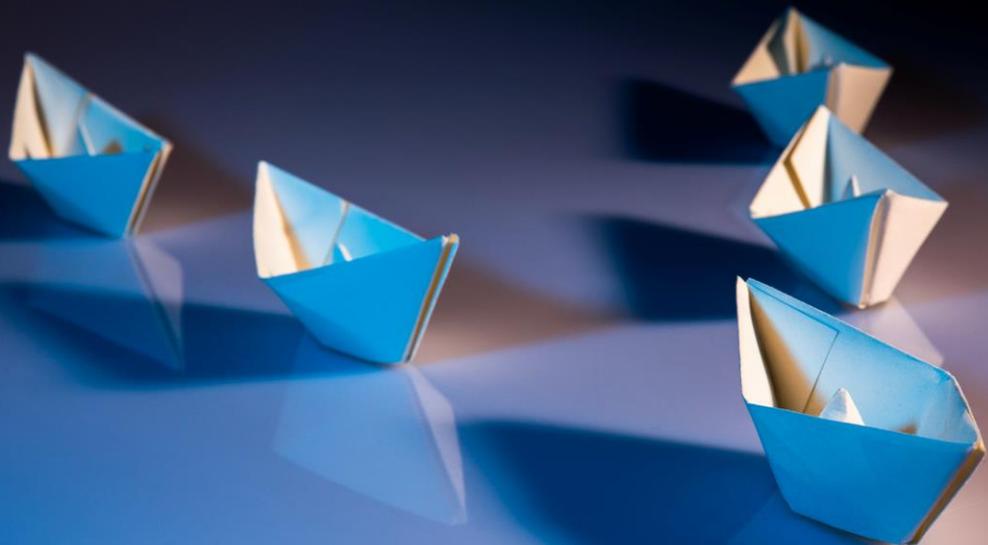
CAUDIT

Council of Australasian University Directors of Information Technology

PROFESSIONAL DEVELOPMENT SHORT COURSE PROGRAM

Resilience in Leadership, Innovation and Life

at Australasian universities and
research organisations



Resilience in Leadership, Innovation and Life

COURSE DURATION: 3 Session Online Workshop

IS THIS COURSE RIGHT FOR YOU?

This course is ideal for any individual seeking to have a better understanding of the neurology, physiology and process that drives our responses in high pressure situations and how you can turn these moments into positive leadership opportunities.

DELIVERY MODE

3 x online workshop sessions

You will participate in this interactive session with peers from within IT, library and research disciplines in the higher education sector strengthening your network. This is a core focus and deliverable for CAUDIT run programs

This program is part of **CAUDIT**
Capability Short Courses
'Foundation Dimension'

ABOUT THIS COURSE

Whilst working and thriving in a crisis might seem like second nature to IT teams and leaders, from our experience we understand that even here the threshold for performing under pressure varies and thus the quality of output varies. This variance in the teams output and varying resilience levels of team member causes yet another layer of deep complexity in the web of leading a team in a high pressure environment.

As leaders of technology you work in environments that are highly dynamic with:

- constant demands on delivery,
- where change is constant,
- speed of innovation is expected and
- where speed of adoption and transformation is not guaranteed.

The program will give you an opportunity to refresh, reset and move forward with a state of clarity, to lead with power, foster innovation and live life feeling energised and ready to create more.

COURSE Facilitator

Preetie Shehkar



GLASS ROCK
CONSULTING



WORKSHOP OVERVIEW

This is a short series designed to facilitate you to move into spaces and places within you to access Frequencies of Flow (FoF). Learn how to tap into peak states of creativity while following the flow. Come into places of stillness to review, reset, refresh and reboot your wellbeing to the next level of Leadership, Innovation and Life.

The program is informed by the following bodies of work (including but not limited to) **Neuroscience, Neuro-Linguistics** and **Mindfulness**.

Session 1 – The Neurology

Self-Awareness:

- Learn to identify the early warning signals of innovation drain.
- Explore your source of joy or pain to understand the potential emotional gain or loss each pose to your being.

Self-Management:

- Understand the value that is the power of your left brain and the value that is the power of your right brain.
- Understanding the cycle of your thoughts, feelings and your neurology.

What does it mean for your Leadership?

- Learn to activate your right brain to relieve stress, reset your neurology and move forward to clarity.
- Resting position to clear your mind and for fast stress release.

Session 2 – The Physiology

Self-Awareness:

- Understand the 2 Core Needs that is most relevant when operating in and through a constant wave of crisis.
- How Cause and Effect play out during a crisis.

Self-Management:

- Understand if you are living in auto-mode and how this translates to actual creativity.
- Understanding the chaos rendered by perception vs reality.

What does it mean for your Leadership?

- Creating in Chaos vs Creating in Flow.
- Learning to activate the Frequency of Flow.

Session 3 – The Process

Self-Awareness:

- The Power and Importance of Imagination.
- Understanding the importance of the Rest and Digest state and its importance to sustainable creativity and innovation.

Self-Management:

- Understand the relationship between Autonomic Nervous System and Your Creativity.

What does it mean for your Leadership?

- Simple Energy Technique for Pain Relief.
- Energising with Clarity and Ease.
- Activating the Frequency of Flow.

To find out more information visit:
www.caudit.edu.au/capability-short-courses

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Council of Australasian University Directors
of Information Technology Inc

www.caudit.edu.au

caudit@caudit.edu.au

PO Box 9432
Deakin ACT 2600
Australia

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ABN: 39 514 469 351

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