

A photograph of three business professionals in black suits and red helmets standing in a desert landscape. They have white wings on their backs, suggesting they are 'superheroes' in a business context. The central figure is a man, flanked by a woman on the left and another man on the right. They are all standing with hands on hips, looking towards the horizon. A large red circle with a white border is overlaid on the left side of the image, containing the text 'LEADING TO Thrive'.

LEADING  
TO  
*Thrive*

SUPERCHARGE THE WELLBEING AND PERFORMANCE  
OF YOUR LEADERS AND THEIR TEAM.

**THELEADERSLAB**

A MICHELLEMCQUAID PROGRAM

# WHAT WILL THEY LEARN?

Leading To Thrive is an evidence-based learning program that translates the latest science into easy-to-action tools to supercharge the wellbeing and performance of your leaders and their team.

The program includes eight live classes (delivered online or face-to-face) with our globally sought-after leadership coaches to put micro-doses of the latest leadership research and tools at your leaders fingertips.

## THEY'LL DISCOVER HOW TO:

**Let go of outdated leadership beliefs**

so they can turn uncertainty and disruption to the advantage of you and your team.

**Get clear and committed on the positive difference**

and purpose only they and their team can make for others.

**Create a culture of care**

with easy and effective routines, rituals and role-modeling that enhance your leaders performance and wellbeing.

**Learn how to coach positive behavior changes**

so you your leaders bring out the best in people.

Best of all, we'll give your leaders everything they need to immediately apply what they're learning – including a leader's toolbox – and coach them through each step so they stay accountable for realizing your desired changes.

## THEY'LL COME AWAY WITH:



A Personal Leading To Thrive Survey Report to help assess your leadership strengths.



Toolbox of evidence-based leadership practices they can use again and again.



Small group coaching to help your leaders create a culture of care for their team.



Leadership library of podcasts and cheat sheets from the world's leading researchers.



A Leading To Thrive Certificate.

# CLIENT SUCCESS STORY: MAROONDAH CITY COUNCIL



## Challenge:

Leaders were looking for new and impactful ways to lead amidst the complex, diverse, and dynamic nature of today's workplaces. They didn't have time to waste when it came to finding and applying high impact strategies that work.



## Solution:

More than 30 leaders from Maroondah City Council completed Leading To Thrive and designed easy-to-apply experiments to put the latest leadership ideas and evidence to work and to support themselves and their teams to thrive.



## Results:

In the face of COVID-19 lockdown challenges and uncertainties, these leaders felt connected and supported, and amplified their levels of ability, motivation, and psychological safety to lead themselves and others to thrive.



"Educational, engaging, challenging, practical, expertly facilitated and fun to do! The Wellbeing Lab's Fast Track Program has it all!"

– PETER MAGUIRE, PRACTICE LEADER, RIDGELINE HR

# HOW DOES LEADING TO THRIVE WORK?

Delivered over 8 x 90 minute workshops (either live online or in person) that are a blend of training and coaching, Leading To Thrive provides an accessible, affordable and effective way to put the latest leadership research at your leaders fingertips. Leaders will learn:

## Workshop 1:

### WHY LEADERSHIP IS BROKEN

- What enables leaders to thrive even in the face of uncertainty?
- What kind of leader do you most want to be?
- What impact – good and bad – is your current leadership approach having?

## Workshop 2:

### HOW TO CHALLENGE YOUR LEADERSHIP MINDSET

- Which leadership beliefs waste your time and energy?
- The five ways thriving leaders see their roles differently.
- Finding the leadership beliefs that help you and your team navigate uncertainty and disruption more easily and effectively.

## Workshop 3:

### CREATING CULTURES OF CARE

- Why high performing teams have cultures of compassion, appreciation, responsibility and emotional wisdom.
- Mapping your existing routines, rituals and role modeling that shape your existing team culture.
- The simple culture crafting loop you can use to change behavior.

## Workshop 4:

### THE POWER OF COMPASSION & APPRECIATION

- How the most compassionate leaders fuel psychological safety and set boundaries.
- Why genuinely expressing appreciation can unlock people's neurological strengths.
- The tiny leadership actions you can take to role model compassion and appreciation for your team.

## Workshop 5:

### THE NEED FOR RESPONSIBILITY & EMOTIONAL WISDOM

- How cultures of responsibility encourage personal accountability and shared ownership to ensure better performance.
- Why leaders need more than just emotional intelligence, and how emotional wisdom impacts the wellbeing and resilience of their teams.
- The tiny leadership actions you can take to role model responsibility and emotional wisdom for your team.

## Workshop 6:

### COACHING YOUR TEAM TO SUCCESS

- Why leaders who coach - rather than manage - accelerate cultures of care.
- The four simple questions that demonstrate a care culture in your team's conversations.
- How coaching can help you secure long-term commitment and ownership rather than short-term compliance.

## Workshop 7:

### PUTTING IT ALL TOGETHER

- Assessing the rhythm of your care culture and where it may need fine tuning.
- How to amplify your leadership abilities by building on what's working, being honest about where you're struggling, and adjusting as you keep learning.

## Workshop 8:

### YOUR LEADERSHIP SHOWCASE

- Your showcase of surprising real-world stories of thriving mindsets and care cultures in action.
- Learning reflections and next steps.

If you'd like to check out the full course syllabus, [please click here.](#)

# WHAT SUPPORT WILL YOU GET?

To help your leaders easily and joyfully navigate their learning experience they will receive:

- **ENGAGING, ENERGIZING, EVIDENCE-BASED, EXPERIENTIAL LEARNING**  
We put the latest science in easy-to-understand and ready-to-apply micro-doses at their fingertips.
- **WEEKLY CHALLENGES**  
They'll be supported to immediately apply what they learn in the real world to improve their leadership and support their team.
- **AN ONLINE LEARNING PORTAL PACKED WITH BONUS RESOURCES THEY CAN USE AGAIN AND AGAIN**  
Access recordings of all classes, their evidence-based leadership toolbox, and bonus tools from the world's leading leadership researchers.
- **LEADING TO THRIVE SURVEY REPORTS**  
They'll receive a confidential and personalized leadership report to monitor their progress.



Guiding your leaders through each step is our team of researchers and coaches, including:

**Drs. Paige Williams and Michelle McQuaid,  
Jo Murray, Anna Glynn, and Steve Romano**

Between us, we've helped more than 125,000 leaders to spark measurable changes in more than 3,750 workplaces, schools, and communities in more than 60 countries.

**If you'd like to learn more about our team, [please click here.](#)**

# YOUR LEADERSHIP INVESTMENT

Leading To Thrive is designed to provide easy, effective, evidence-based tools to help leaders supercharge the wellbeing and performance of themselves and their teams.

## LEADING TO THRIVE IS RIGHT FOR YOUR WORKPLACE IF YOU'D LIKE TO:

- Translate the latest leadership research into every day actions that your leaders can stick with to boost their agility and resilience.
- Be coached step-by-step as they learn how to embrace uncertainty and confidently navigate disruptions.
- Not add one more thing to a leadership to-do list, and instead leverage the existing routine, rituals and role modeling happening in your workplace to be more effective.

### Qualification

- Leading To Thrive Certificate.

### Best suited for

- Workplaces, schools or communities looking to support their leaders.
- Leaders who are committed to making a difference for others but are finding the responsibility of “managing” overwhelming and exhausting.

### Delivery options

- Delivered virtually or in person.
- Join the program on set dates or contact us for private bookings.

### Cost

- \$4,997 per person.
- Group discounts available.

Want to know more? [Click here to chat with our friendly team today.](#)