

WORKSHOP 1



Workshop topic

How To Connect with Gen Z in 2021

Facilitator

Saxon Phipps

Year 13

If the words ‘TikTok’ make you think of a clock rather than a new pasta dish you might want to read our latest report and attend our session.

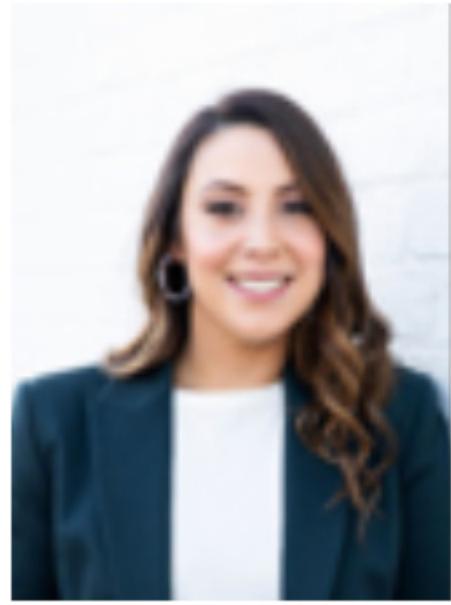
Our latest report What Gen Z Actually do online in 2021 and sessions offers an intimate insight into the digital media habits of young people today. By harnessing this information, you can ensure your teaching, e-learning and classroom activities are impactful and engaging to students.

In this session you will have the opportunity to learn:

- > New trends in communication and online tools;
- > How to communicate and connect with Gen Z; and
- > What to expect from your 2021 cohort of students and the post covid generation.

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WORKSHOP 2



Workshop topic

Reconnecting your Relationships

Facilitator

Louise Gilbert

The Intime Collective

How do you respond to good news? There's 4 key ways and only 1 of these ways will help you build your relationships with people around you. The other ways will break it! There's an art and science to building relationships and reconnecting with people around you. In this jam packed interactive and playful workshop, Louise Gilbert will share some surprising things you can do straight away to help you feel good, do well and reconnect. Together, we'll explore:

- > Using play as a pathway to connection
- > How to capitalise on good news
- > How to communicate like a great conversationalist.

The powerful tools you learn in this workshop can be used to reconnect with people at work, your students in the classroom, in the community and with people at home.

All participants will get a digital copy of comprehensive resource kit/materials to support them put their learning into action.

All participants can email Louise directly after the workshop if they have any questions.

The Intime Collective gives permission for these materials to be used in the classroom with students.

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WORKSHOP 3



Workshop topic

Introduction to Mindfulness

Facilitator

Andrea Featherstone

Smiling Mind

We tend to go through daily life in ‘auto-pilot’ mode, disconnected from our bodies and the present moment. The pressures and pace of modern life along with our wandering minds and negative bias can leave us in a regular state of flight-or-fight leaving us feeling stressed, anxious and overwhelmed.

This workshop will help provide you with the internal tools needed to deregulate the flight or fight response, keeping you calm and reconnected with yourself and your body.

Understanding how mindfulness & mediation works will also help you to access other benefits such as enhanced attention, productivity, clearer focus and thinking as well increased positive emotions, life satisfaction and self-esteem.

NB: There are also many resources we can recommend as part of each presentation including the following:

- > Free Smiling Mind App with Adult, Educator and Youth Programs
- > Access to our Research Project in collaboration with Deakin University on Mindfulness / Mediation in Schools see the link [here](#)
- > Blogs, resources and articles from our Thrive Inside & General Website.

We've allocated our lead Facilitator based on the audience and her background and delivery style. However, should this quote not fall in line with your allocated budget we do have other options available.

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WORKSHOP 4



Workshop topic

Maximise your Mindset

Facilitator

Gina Brooks

The Oranges Toolkit

This highly engaging and practical session will draw on the latest science from fields like positive psychology and neuroscience, to demonstrate the powerful impact that our mindsets and attitudes have on our health and wellbeing. We will explore:

In this session we will explore:

1. The factors that impact our mindsets and behaviours.
2. How to develop a growth mindset to build our performance.
3. How stress impacts our physiology and how we can shift our mindset towards stress.

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WORKSHOP 5



Workshop topic

Unconscious Bias - How to reset our current programming about the people around us

Facilitators

Kath Essing

BeSpeak

The purpose of the session is to become aware of unconscious bias and its impact on workplace culture and our individual experience within it.

Establishing a cultural shift requires a shift in the mind-set of the individuals.

The focus of the training is based on disrupting bias through reconnecting the participants to self-awareness and personal accountability.

The participants will learn and experience:

- > An increased awareness of their own patterns of thinking and how to refocus to create space between thought and action to reduce bias and disconnect with others.

- > An acceptance that we all have bias, but a commitment to ongoing growth will lead to an opportunity to refresh and transform ourselves. Which will increase our capacity to connect and communicate with our colleagues and students.
- > An understanding that our individual reset leads to a collective growth. This growth will have a positive impact on not only the Chisholm culture but the greater community we are educating our students to go out and influence.

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WORKSHOP 6



Workshop topic

**The Cost of NOT Listening For You,
Your Teams and Your Students**

Facilitator

Oscar Trimboli

You spend 55 per cent of your day listening and only 2 per cent of people in the workplace know how.

Learn why focusing on the speaker is the wrong place to start your listening.

At the end of this workshop you will understand:

- > The Five Levels of Listening
- > The neuroscience of speaking, listening and thinking
- > The Four Villains of Listening and how they create barriers to effective listening
- > How to stay focused and listen during video workshops.

Take the 7-minute www.listeningquiz.com to receive a tailored 5-page report before this workshop. You will be able to immediately apply your insights from the report in your next discussion, before the workshop.

NB: As this workshop is about listening, we would request a 30-minute co-creation briefing meeting prior to the event, to ensure the Chisholm Conference is a memorable experience that helps the participants understand how to improve and sustain their listening beyond the workshop.

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WORKSHOP 7



Workshop topic

Levelling Up - What business can learn from professional team sport

Facilitator

Cameron Schwab

Business often turns to the football codes when seeking to understand the key concepts of team, particularly, the role of leadership in terms of establishing a winning culture and executing a game plan.

The best leaders I have worked with and studied in sport and business, all shared one key competency.

While they may have approached the role with different philosophies and methodologies, they successfully created environments that enabled their teams and organisations, to access the full range of their capabilities.

A winning organisation is an environment of personal and professional development, in which each individual takes responsibility and shares ownership.

Outcome:

Cameron fully explains a seven-step process, immediately executable, enabling leaders to establish performance accountability, where people consistently set high expectations of themselves and behave to those expectations, and most importantly, do the right thing, even when it's hard.

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WORKSHOP 8



Workshop topic

**Cultivating Effective Relationships
in the Workplace**

Facilitator

Sabina Read

Cultivating Effective Relationships in the Workplace: Relationships are the cornerstone of our lives, and in many ways, the quality of our relationships impacts the quality of our lives and well-being in both the workplace and at home. 67 per cent of employees nominate a good relationship with colleagues as being the primary reason for staying in a job; and relationships rank higher than salary as the major motivation for coming to work. Yet how much time do we spend learning how to strengthen and hone our relational skills? This presentation introduces 7 evidence-based strategies that can be actioned immediately in the workplace to help leaders and employees to thrive, improve productivity and live more satisfying lives.

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WORKSHOP 9



Workshop topic

Be the Change you Dare to Lead

Facilitator

Hana Assafiri / Jane Stewart



HumanISMS / Sustain Ability International

Valuing people...engaging students... and partnering with communities can't be achieved without understanding the embedded structures that create unequal and undiversified cultures within an organisation. The absence of this understanding creates situations where cultural causes compete with one another for priority and resources.

This workshop will inspire participants to lead transformational change within their classrooms and workplace. We will explore plural and intersectional issues through social and community justice principles. We will give voice to the reality of indigenous disadvantage and disempowerment and we will invite candid conversations around the role, place, space and contributions of all women in the workplace and broader community.

Our objective is to challenge unthinking assumptions, reframe views and inspire real and transformational personal change. A resource toolkit will be distributed to all participants.

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WORKSHOP 10



Workshop topic

**How to care for and work with
an introvert**

Facilitators

Warren Senn

Lixivium

This workshop helps us to understand what the special gifts are of introversion, how we can work effectively with an introvert, and what an introvert needs to be productive and happy. Recommend for anyone who is an introvert, works with an introvert or is just introvert curious!

Specific objectives would include for participants to:

- > Understand what makes an individual an introvert so valuable
- > Understand the myths about introversion and how to connect with them
- > Have an awareness of the 13 signs that you might be an introvert

- > Understand the gift of being an introvert
- > Recognise the qualities of an introvert and how to communicate with them
- > Have identified what an introvert needs to be happy and productive and how to communicate and work effectively therefore with an introvert.

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WORKSHOP 11



Workshop topic

**Communicating respectfully
and effectively**

Facilitators

Lyn Yeowart

Lynx Writing

After attending this workshop, you will be able to:

- > demonstrate, through your written communication, that you value and respect your colleagues, partners and students, and understand their needs
- > apply 5 simple yet highly effective rules to make everything you write easy to read, understand, and apply
- > help team members improve their written communications.

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WORKSHOP 12



Workshop topic

Working with Gratitude

Facilitators

Susan Crawford

Vicissitude

One of the best ways to build engaging working relationships, deepen connections and show people they matter, is to express gratitude. While we may think we do enough of this already, every leader, teacher, coach, parent, spouse or partner could make gratitude work better in their lives. While we may believe we are showing gratitude, in most organisations the majority of people report feeling unappreciated or unvalued. Teachers attending will discover a powerful student motivational lever in the form of gratitude.

This workshop will convey the eight most effective, evidence-based gratitude practices and give participants the opportunity and resources to plan how they will put these into practice. We will also explore some of the prevalent ‘ingratitude myths’ that may be currently holding us back from communicating how much we value the efforts of others more often.

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