

# Leadership Retreat 2022

Discover | Re-energise | Connect

BYRON BAY | TUE 24 – WED 25 MAY



WITH  
GUEST HOST

*Alison Earl*

We understand that the challenges of leading people, policy and practice can often be overwhelming, particularly in today's complex and uncertain world. There's never much time for professional reflection or physical renewal.

This year's retreat will give you the space to reflect and re-energise after the challenges of the past two years, and create a powerful mindshift to underpin your future leadership experience. Guest hosted by internationally respected resilience and mindset expert Alison Earl, you will have the opportunity to reflect on challenges, reset your energy and design your future with like-minded peers, while surrounded by the revitalising beaches and lush coastal surrounds of Byron Bay.

## Who should attend?

We welcome leaders from all types of ECEC and OOSH services. Bookings are capped at a maximum of 20 people to facilitate engagement conducive to empathy and openness.

## Why you should join us:

We continue to offer the leadership retreat because of the life changing outcomes experienced by participants. At CELA we believe that taking care of yourself is essential for your wellbeing and a significant contributor to the professional success of your team.

## What you will discover

- ▶ A framework for understanding the full spectrum of your experience as a leader
- ▶ Time to reflect on the challenges we have personally and collectively faced (and continue to face)
- ▶ Guided experiences to release negative emotions and reset your energy
- ▶ Ways to transform stress from 'harmful' to 'helpful'
- ▶ A 4-step process to leverage your strengths, define the type of leader you want to be and develop a plan to become that leader
- ▶ A toolbox of strategies and ideas that you can take back to your role to enable you to manage stress and elevate your leadership



“

Thank you so much for the last few days. I came to the retreat thinking that I might not continue in this sector I love so much. I now have a plan and have found the courage to have the difficult conversations I need to have to reconnect with my team

MAY 2019 RETREAT GUEST

# Leadership Retreat 2022



**DAY 1: TUE 24 MAY, 8.15AM TO 4.30PM**

## *Reflect, release and reset*

Build an understanding of the impact of stress, our triggers, and how to reconnect with what matters

### **MORNING: REFLECT**

- ▶ Reflect and understand shared experiences
- ▶ Develop your personal leadership plan

### **AFTERNOON: RELEASE AND RESET**

- ▶ Reflective activity on 'letting go'
- ▶ Learn how to transform stress
- ▶ Identify personal leadership qualities
- ▶ Gain energy and resilience boosting tools

**DAY 2: WED 25 MAY, 8.15AM TO 4.30PM**

## *Discover, dream, design and declare*

Work through the 4D process of appreciative inquiry to unlock leadership potential

### **MORNING: DISCOVER AND DREAM**

- ▶ Discover the best from the past
- ▶ Dream of what's possible: imagine a future where you consistently show up at your best

### **AFTERNOON: DESIGN AND DECLARE**

- ▶ Design what might be: build pathways to take you from where you are to where you want to be
- ▶ Declare what will be: make a commitment to what actions you will take

## Meet your facilitator



### *Alison Earl*

Alison is a resilience and mindset expert, positive psychology practitioner and author. She works with people and companies globally to empower self-directed change.

With over 15 years spent studying human behaviour and motivation, Alison helps people take control of their own experience of stress, change and uncertainty, so that they feel empowered to adapt and thrive. Her intent is not to eliminate or reduce stress in people but help them become more resilient and resourceful and to thrive with stress – not just survive it.

A repeat guest lecturer in Behavioural Economics at the Harvard School of Public Health, Alison also leads a think tank dedicated to solving the most complex problems in behaviour change.

We only have 20 spaces available, book your spot soon to avoid missing out!

[www.cela.org.au/leadership-retreat](http://www.cela.org.au/leadership-retreat)

Any questions? Please call 1800 157 818 or email: [info@cela.org.au](mailto:info@cela.org.au)

NOTE: Travel and accommodation NOT included. We recommend delegates take out their own travel insurance. Please read our [COVID policy](#) before booking.