



*a better way
for you.*

THE CHANGE ROOM

LEADING THROUGH BURNOUT & FATIGUE

INTERACTIVE WORKSHOPS

DAY 1

8.30am - 9.00am	Registration Opens	
9:00am – 9.30am	Welcome	Matt Elliott & Nam Baldwin
9:30am – 10:00am	A Place of Transformation	Matt Elliott & Nam Baldwin
10:00am – 10:45am	Building Influence to Lead	Matt Elliott
Morning Tea		
11:00am – 12:00pm	Burnout to Standout	Matt Elliott
Lunch		
12:45pm – 2:00pm	Breath enhancement training to improve decision making under pressure	Nam Baldwin
Tea & Coffee Break		
2:15pm – 3:30pm	Practical Practices & Performance Measures	Nam Baldwin
3:30pm – 4:00pm	Chasing Energy	Matt Elliott
4:00pm – 4:15pm	The Switch	Nam Baldwin

DAY 2

8.30am - 9.00am	Registration Opens	
9:00am – 9.15am	Welcome & Review Day1	Matt Elliott
9:15am – 10:30am	Leading through Burnout & Fatigue	Matt Elliott
Morning Tea		
11:00am – 12:00pm	Building mental & emotional capacities to lead in adversity	Matt Elliott
Lunch		
1:00pm – 2:30pm	Communication to elevate wellbeing at work	Dr Ali Walker
2:30pm – 3:00pm	Pathway to your best leadership	Matt Elliott
3:00pm – 3:15pm	Kelee Meditation	Matt Elliott
3:15pm – 3:30pm	Close	Matt Elliott