

WFH WORKSHOP

About Us

Xplore for Success offers equality and inclusion programs and services to individual leaders and their teams in workplaces across Australia.

We partner with individuals and leaders to enable them to clarify their purpose, accelerate their career, embrace inclusion and lead with passion.

We have a nationwide network of skilled, insightful, accredited facilitators and coaches who are passionate and committed to developing and empowering your employees and organisation.

Over almost 20 years we have had the privilege of supporting and inspiring over 15,000 individuals in leading organisations throughout Australia.

"At home, not alone."



+61 2 9660 4526
www.xplore.net.au
office@xplore.net.au

WFH: CONNECTING AND CARING

Now that teams are working remotely and individuals are working from home (WFH), we are here to help with some coaching on how to connect and care online.

Xplore are offering virtual coaching sessions — for leaders or their teams — who would value some training and tips on how to connect, engage and care for each other virtually. This is not about the technology. It's all about real engagement, quality connection, genuine caring and managing wellbeing.

The Virtual Coaching will be one-hour sessions, which will be hosted by one of our highly skilled and engaging facilitators, using Zoom.

It will be a one-on-one session with leaders, or you can choose to have us host a session with your whole team (maximum 10 participants).

What we cover:

- Introductions
- Let's check your tech: Zoom 101
- Working virtually — the benefits and challenges
- Virtual Leadership: 5 success factors
- Engaged Teams: Clarity, connection and care
- Strategies and Tips: Our top 10
- After hours: Wellbeing and self-care
- Q&A — Group session

Cost

\$50 plus GST, which includes:

- Facilitated 2-hour virtual workshop and system support (we will help you get onto Zoom if you need assistance)
- Post-program notes
- **NOTE:** We offer a complimentary place on all our virtual programs for an employee from a Charity/NFP. (Please email us directly to book: amanda.webb@xplore.net.au)

Just some of our clients:





RADICAL ADAPTABILITY: DEALING WITH CHANGE

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xplore
Driving inclusion and equity

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RADICAL ADAPTABILITY: DEALING WITH CHANGE — Virtual Workshop

At Xplore for Success we have been delivering our leadership and career resilience programs and professional coaching for over 15 years.

Right now, as the world mobilises to mitigate the impact of the coronavirus (COVID-19), dealing with change and resiliency are hugely valuable skills for individuals to develop.

They will also be essential and beneficial attributes for the future, long after the current public health situation has passed and the world stabilises to a 'new norm'.

With all of this in mind, Xplore is excited to bring our **Radical Adaptability: Dealing with Change** virtual workshop. The workshop will be a 2-hour interactive learning session facilitated using Zoom. To ensure a quality and intimate learning environment, we keep the group small and smart, allowing for a maximum of 15 participants.

What we will cover in the Radical Adaptability: Dealing with Change virtual workshop:

- What is Radical Adaptability?
- The 3 elements of Radical Adaptability
- Change and Transition
- Resiliency — The 5 Levels of Resiliency
- Adopting a Growth Mindset
- Circle of Control — COVID-19 context
- Open Forum
- Personal Action Plan

Cost

\$2,500 plus GST, which includes:

- Facilitated 2-hour virtual workshop and system support (we will help you get onto Zoom if you need assistance)
- Post-program notes

Just some of our clients:

 Hall & Wilcox
smarter law

 nab

 JLL

 Maddocks

 Commonwealth Bank

 nbn

 UGL

 Bupa

 Transurban

 J.P. Morgan

 SUNCORP

 Stockland

 Lendlease



PLAYING TO YOUR STRENGTHS WHILE WFH

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PLAYING TO YOUR STRENGTHS WHILE WFH — Virtual Workshop

At Xplore for Success we have been delivering our leadership and career resilience programs and professional coaching for over 15 years.

As we try to navigate a world we have not seen before, our ability to rise above the confusion and stress we are encountering can be at times difficult and de-energising. In these times, it is important that you consciously engage your character strengths.

Knowing and using your strengths is also beneficial for your future, long after the current public health situation has passed and the world stabilises to a 'new norm'.

With all of this in mind, Xplore is excited to bring our **Playing to your Strengths while WFH** virtual workshop. The workshop will be a 2-hour interactive learning session facilitated using Zoom. To ensure a quality and intimate learning environment, we keep the group small and smart, allowing for a maximum of 15 participants.

What we will cover in the Playing to your Strengths while WFH virtual workshop:

- What are VIA Character Strengths?
- Identifying your key strengths
- Playing to your strengths while WFH
- Developing your under-utilised strengths
- Overplaying and underplaying strengths
- Building a 'strength'-based habit through rituals
- Personal Action Plan

Cost

\$2,500 plus GST, which includes:

- Facilitated 2-hour virtual workshop and system support (we will help you get onto Zoom if you need assistance)
- Post-program notes

Just some of our clients:

