

BECOMING UPSTANDER LEADERS



**Three Monthly
Masterclasses**



**Coaching
+ Collaboration**



**Team Plays +
Resource Access**



**The Upstander
Leader Book**

Upstander Leaders program is an interactive leadership capability, coaching and learning program that strengthens the integrated leader network through shared learning, collaboration and connection. It is essential for leaders to be future focused and purpose driven to create a powerful ripple effect to sustain lasting positive impactful change. Leaders must be adaptive with the necessary future of work capabilities to transform, to motivate, to create and deliver on business strategy and team purpose. We promote a modern leader growth mindset so leaders can amplify their own practice, engage with their people so everyone can flourish in great places to work.

Jessica Hickman

UPSTANDER LEADERS

- Masterclasses are designed using proven frameworks and methodologies with skills and tools leaders can put into practice.
- Approx. 15 participants in each group – Held face to face for 3 hours each month
- Team plays to use in real time plus access to a workbook and resources
- Peer Coaching activities for connection, reflection and support
- Program participant challenges to embed learning in the team and culture
- Includes an end of program certificate presentation

Masterclass 1



FOSTERING CULTURE AGILITY

- How to embrace change agility in a complex, fast paced and often uncertain environment
- Exploring types of change, benefits and consequences
- Scanning and inflections | Actions, decision making and accountability
- The value of psycho-social leadership to create a team atmosphere of resilience, trust and wellbeing

Masterclass 2



THE UPSTANDER LEADER

- Understand the trends driving the Upstander movement
- Explore team and individual contributions to workplace culture
- Decode the science behind The Bystander Effect
- Explore The Upstander Effect and 5 steps to being an upstander
- Build momentum for now and The Future of work
- Making a leadership upstander action plan to drive workplace culture success

Masterclass 3



WELLBEING & RESILIENCE

- Investing in your wellbeing, personal and business success
- Exploring statistics around wellbeing and burnout
- Building mental fitness for all aspects of your life
- Unpacking red flags to wellbeing (yourself and team)
- Mindset reset – Shifting perspectives, language and beliefs
- Building rituals and routine for collective success

SETTING UP FOR A SUCCESSFUL 2023 AND BEYOND