

# Empower

## Employee Success Program


EMPOWER equips employees including emerging leaders with techniques, practical tools and strategies for personal and leadership growth.

Positive psychology, neuroscience and the latest leadership research underpin all Empower concepts and models. It is a proven program that has helped transform the career and lives of thousands of employees.



Participants gain insight into their personal ambitions, work style, inherent strengths and challenges, mindset, and communication effectiveness. A commitment to life-time wellbeing is at the heart of the program.





In a small group forum, participants share their perspectives, insights, ideas and experiences. This creates a unique learning environment where trust and openness is paramount.

Participants gain:

- how to build a sustainable career plan with a support network
- self awareness with a deep understanding of their strengths, motivators and blind spots
- ideas and practise to improve their communication effectiveness
- wellbeing strategies
- an understanding of the barriers that are holding them back from success at work
- increased self-confidence, self-motivation and positivity

Employers gain:

- more confident, engaged, self-aware employees who are positive about their future
- greater loyalty and employee retention
- reduced hiring and training costs
- greater employee commitment to company values
- more collaborative, trusting and productive teams
- a bench of aspiring and prepared new leaders
- happier, satisfied employees leading to improved innovation and problem solving
- a physically and mentally healthier and resilient workforce



FORMAT

- 3 x 1 day face to face workshops
- Up to 20 participants
- Highly experiential facilitation
- Guest speakers share their career journeys, setbacks, recovery, and wellbeing strategies
- Recruitment specialist speakers advise participants on how to prepare for their next career move



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