

# Thriving Through Change and Challenge



QELI, in conjunction with Springfox, is delighted to offer educators Thriving Through Change and Challenge, a one-day program focused on discovering potential for sustainable high performance through resilience and well-being.

Schools and educators face more challenges today than ever before with environments that have excessive work intensity, worry and increased symptoms of distress. Mastering stress is the foundation for building resilience which enables us to navigate the ongoing challenges of a demanding career. Springfox defines resilience as a learned ability to have:

- ▶ **Courage** - enthused by change and challenge
- ▶ **Creativity** - develop talents and opportunity
- ▶ **Connection** - respect and care for others and nature
- ▶ **Bounce** - toughness and recovery skills in adversity

## Workplaces Today

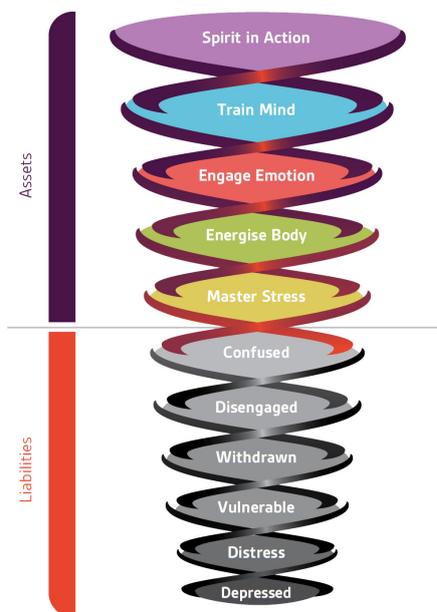


Reference: The Resilience Institute (2018) Resilience Enables Strategic Agility.

## Program Overview

Thriving Through Change and Challenge provides an understanding of resilience and offers an orientation to Springfox's Resilience Model and its importance as a foundation for agility through change. Program participants are encouraged to move beyond coping to thriving, and at the end of the program become motivated, engaged and equipped with practical strategies to enable and facilitate change.

### The Resilience Model



Resilience Model © 2019

## Program Objectives

This interactive program introduces the fundamentals of resilience and explores four key areas:

- ▶ Stress mastery: maintaining calm, alertness and engagement
- ▶ Energise body: building energy, strength and endurance
- ▶ Performance mindset: aligning your mind and emotions for performance
- ▶ Spirit in action: authentic happiness and integral daily practice

## Program Features

- ▶ A personalised Resilience Diagnostic report (online self-assessment with results debriefed at the workshop) via The Resilience App, which includes ongoing goal tracking and daily tips
- ▶ Evidence-based, best-practice tools for overcoming stress and fatigue and rejuvenating performance
- ▶ A 60-minute individual coaching session

## Who Should Attend?

Thriving Through Change and Challenge is suitable for:

- ▶ Teachers
- ▶ Middle leaders
- ▶ Principals
- ▶ System leaders
- ▶ School support staff
- ▶ Corporate services staff

springfox  
powered by resilience

QELi



www.qeli.qld.edu.au

+61 7 3007 5222

@info@qeli.qld.edu.au





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## Program Structure

### Cohort 1

Phase 1   2 March 2020	Phase 2   23 March 2020	Phase 3   April 2020
		
<b>Program preparation</b> <ul style="list-style-type: none"> <li>▶ Resilience Diagnostic - online self assessment</li> </ul>	<b>One-day workshop</b>	<b>Coaching</b> <ul style="list-style-type: none"> <li>▶ One-hour coaching session</li> </ul>

### Cohort 2

Phase 1   1 June 2020	Phase 2   22 June 2020	Phase 3   July 2020
		
<b>Program preparation</b> <ul style="list-style-type: none"> <li>• Resilience Diagnostic - online self assessment</li> </ul>	<b>One-day workshop</b>	<b>Coaching</b> <ul style="list-style-type: none"> <li>▶ One-hour coaching session</li> </ul>

## How to Register

Registration closing dates:

**Cohort 1:** 28 February 2020

**Cohort 2:** 30 May 2020

Program cost: \$895 + GST

Venue: QELi, Level 14, 201 Charlotte Street, Brisbane

Register online at [www.qeli.qld.edu.au/thriving-through-change-and-challenge](http://www.qeli.qld.edu.au/thriving-through-change-and-challenge) or contact QELi on +61 7 3007 5222 or [registrations@qeli.qld.edu.au](mailto:registrations@qeli.qld.edu.au)

## About Springfox

Springfox is the Australian leader in resilience, leadership trust and change agility. Founded in 2003 in Australia by Stuart Taylor (as Resilience Institute), Springfox is focused on supporting clients sustain and accelerate human performance through improving resilience. Using an evidenced-based blended learning model, Springfox enables people and organisations to thrive with agility, sustainability and compassion.



Find out more at [www.springfox.com](http://www.springfox.com)

## About QELi

QELi is an innovative not-for-profit institute committed to delivering excellence in leadership by supporting education leaders from government and non-government sectors, across Australia and internationally, to establish a strong vision, improve student outcomes and lead change in their school context and wider school communities. We support educators at every level – from teachers to principals and system leaders – and corporate services and school support staff to develop leadership capabilities, maximise their potential and reach their leadership goals.



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