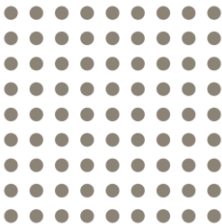




RACHAEL
ROBERTSON

Extreme Leadership

- ➔ Self-paced, online program to equip you and your teams with enhanced leadership and teamwork skills, brought to you by Rachael Robertson, international leadership expert and Antarctic Expedition Leader.



Why build leadership capability?

Do you want to accelerate your career, make the next step or work in your own team more effectively? The Extreme Leadership course will introduce you to the fundamental mindsets and behaviours that underpin good leadership.

Twelve sessions packed with important leadership ideas delivered in Rachael's laidback no-nonsense way. Practical ideas that are fast to implement and are proven to work.



No matter if you're a seasoned or an emerging leader, today's leaders need to grow the mindsets and behaviours that promote respect, performance and trust.

They also want no-nonsense, practical ideas that are fast to implement and are proven to work.

Accelerate your leadership journey with the Extreme Leadership course.

Key Details



Time commitment

45mins to 1hr per week over 12 weeks



Prerequisites

Just a desire to learn, change and grow



Skills learned

Self reflection, risk taking, trust building, leadership language, difficult conversations, respect trumps harmony, practicing No Triangles, Bacon Wars and more



Method of Study

Fully online, including videos, workbook, learning community



Enrolment

You can enrol and start at any time, the whole process takes just minutes

What's in the course?

The course is delivered in 12 sessions. Each session contains a video where Rachael presents the main idea, a model or framework and stories about how she uses this mindset or behaviour to lead herself and others. Then, the workbook recaps the key-points of the video and asks you reflective questions to bring the idea to life in your world.

Session 1

First, Lead Yourself

The greatest leaders work hard at being the best leader they can be. This session develops self-awareness and the ability to review your own behaviours and performance.

Session 2

Lead from where you are

The fastest way to be a leader is to start acting like one. Recognise and capture small everyday moments that inspire trust, confidence and loyalty in those around you.

Session 3

Regret what you did...

Your career and life will be defined by what you did, not what didn't do. Learn tools to focus on being ready for opportunities, measuring risk and making bold moves.

Session 4

The language of leadership

Great leaders have a specific language palette - there are words they will always choose over others. Learn the LADAR (language radar) and what to say and what not to.

Session 5

Stories need data

Learn to paint a picture with numbers AND with words. We look at shaping your ideas so that everyone can understand them from their own perspective.

Session 6

Gen-savvy leadership

With up to 5 generations in your workplace, we learn generational differences in how we think, what we value and are motivated to successfully lead across generations.

Session 7

Respect trumps harmony

The goal of harmony should come with a warning label! Learn to look at team harmony as an outcome of respect and trust and tools to build these.

Session 8

No Triangles

The effective practice of no triangles is the single most important way to create respect and performance. We look at what it is, and how to apply it in your work or home environment.

Session 9

Difficult Conversations

There's a really good reason we call them difficult conversations! We'll work through the three phases of having a difficult conversation, with 10 memorable steps.

Session 10

R U – OK?

Four simple letters that make a big difference to how you lead and how people respond to you. A straightforward yet powerful technique to get to the bottom of issues.

Session 11

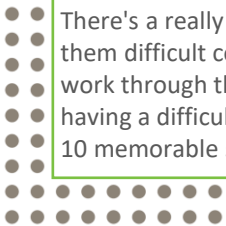
Bacon Wars

When is a small personality "niggle" a sign of a deeper issue? Learn about Bacon Wars, how to spot them and deal with them effectively.

Session 12

The Plane Crash

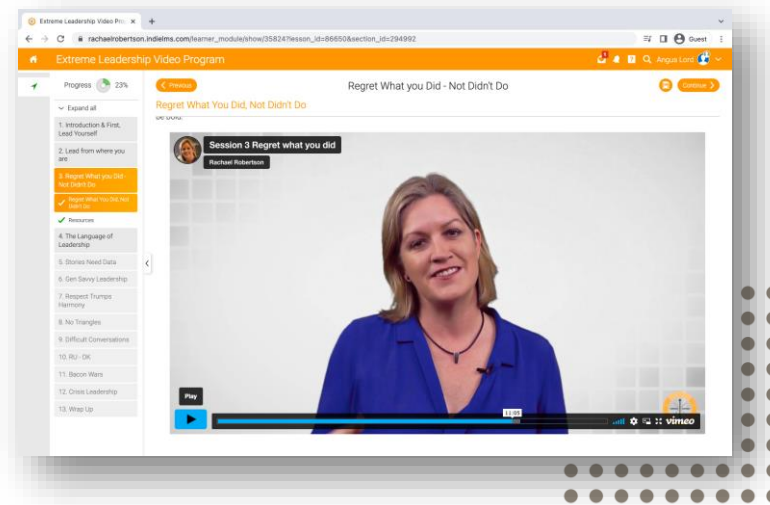
We all have times of crisis or emergency. Beyond the practical contingency plans how you behave matters a lot. Learn about the four pillars of crisis leadership.



How does it work?

Enrolment

After purchasing, you will receive an email invitation to set up an account on Rachael's secure, cloud-based learning portal. From here you can access all the course material including the videos, handouts, workbook and other resources.



Program Design

The course is delivered in 12 sessions. At the beginning there is an opportunity to hear Rachael's story about how she ended up leading an expedition to Antarctica.

Each session then contains a video where Rachael presents the main idea, a model or framework and stories about how she has used this mindset or behaviour in the past. The workbook recaps the keypoints of the video and asks you reflective questions to bring the idea to life in your world. Resources are available to download and reuse.

Through it all, Rachael encourages the practice of personal reflection, using a journal for example, as a way to get a sense of progress and understanding what works, and what doesn't, in your context.

Larger Teams

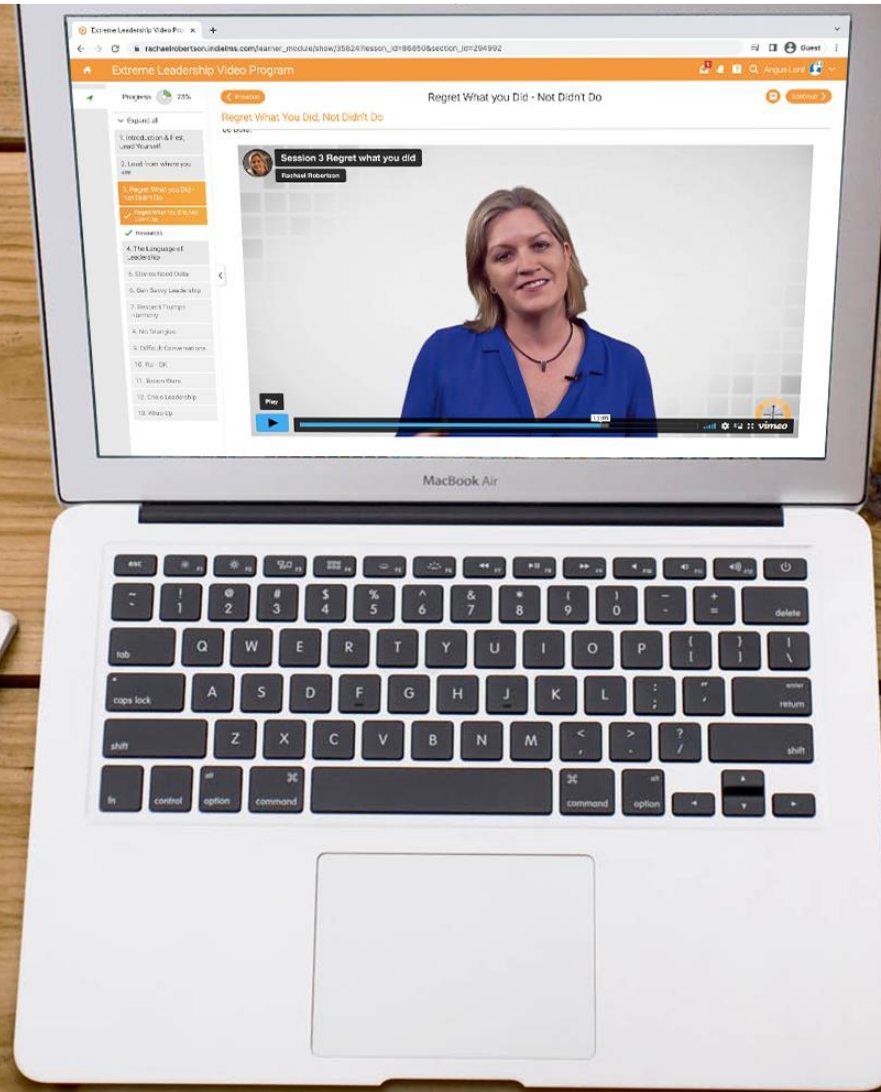
Many organisations adopt the program as part of their L&D activities. You can opt for self pacing or in cohorts with your internal facilitator. The course can be run from either Rachael's portal or your own LMS.

Outcomes: *What are you doing differently?*

A cohort of 100 people recently participated in the course. We asked them how the course has changed their leadership.



Inquire Today



Sign up at any time at
rachaelrobertson.com.au/video

Contact Rachael's office to talk
about taking a group or your
organisation through the course.

For more information about the
course, please email
info@rachaelrobertson.com.au
with your questions.

