



UNSHAKEABLE

LEADING

**Leading at a higher level for
resilience
and
empowerment**

Where are your Leaders on the Unshakeable Scale?

	STATE	% OF TIME AFFECTED BY PRICKLY PEARS
EMPOWERED	Unshakeable	0 - 20%
	Strong	20 - 40%
	Stable	40 - 60%
DIS-EMPOWERED	Stressed	60 - 80%
	Shakeable	80 - 100%

What is an Unshakeable Leader?

- Unshakeable Leaders courageously tackle difficult issues.
- Unshakeable Leaders can choose to be unaffected by other people.
- They have unconditional Self-Esteem.
- They are empowered to choose how they respond.
- They know how to support and inspire their staff to be Unshakeable.
- They are highly capable, optimistic, confident, innovative and engaged with staff.

What is a Shakeable Leader?

- Shakeable Leaders often avoid tackling difficult issues.
- Shakeable Leaders can be negatively affected by other people.
- Their Self-Esteem is caught up in their performance.
- They are dis-empowered and often blame others for how they respond.
- They don't have strategies for supporting or inspiring their staff to be Unshakeable.

Benefits of developing Unshakeable Leaders:

- Unshakeable Leaders know how to support their staff and make people the heart of the organisation.
- Unshakeable Leaders are more in control of how they feel at work.
- Unshakeable Leaders have the skills to manage their emotions.
- Unshakeable Leaders respond rather than react.
- Unshakeable Leaders have choice rather than constraint.
- Unshakeable Leaders look forward to work rather than dread it.

This means...

- Less stress claims
- Less absenteeism
- Less turnover

This means...

- Increased Customer Service
- Increased productivity
- Reduced staff costs

The program is about developing great teams with great leaders.

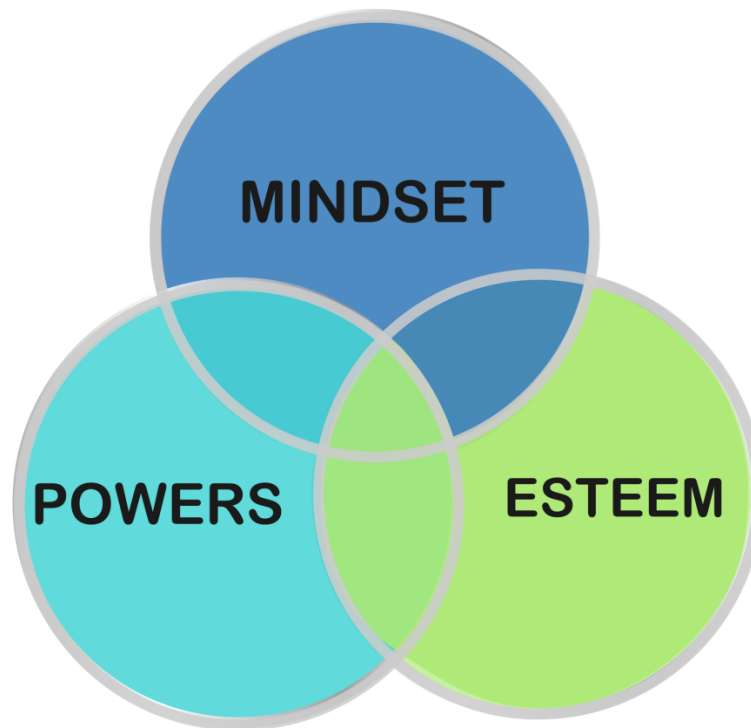
It's about helping your Leaders empower themselves so they can excel in the pressures of your workplace, so they don't go home mentally and emotionally drained.

They are *genuine, inclusive and courageous*.

It's about your Leaders empowering themselves so they can encourage their staff to be Unshakeable at Work.

Why Unshakeable Leading for your organisation?

Leaders explore current beliefs about their work, and how they are experiencing it. They learn useful strategies for being Unshakeable. Topics such as choices, emotions, responsibility, blame and accountability are covered. Leaders learn many tools and strategies for thinking, speaking, feeling and acting in an *empowered* way. It supports *genuine, inclusive and courageous leaders who show the way*.



Unshakeable Leading Frameworks

Neuro-Semantics – developed by Dr. Michael and Bob Bodenhamer

Meta-Coaching – developed by Dr. L. Michael Hall and Michelle Duval

Neuro-Linguistic Programming (NLP) – John Grinder & Richard Bandler

Unbullyable – developed by Sue Anderson

Growth Mindset – developed by Professor Carol Dweck

Proposed Content of Unshakeable Leading

Mindset

From Shakeable to Unshakeable Leaders

Communication Model

Belief Intelligence

Meanings

Emotional Intelligence

Powers

Emotions

Powerful Language

Taking Ownership

Responsibility & Over Responsibility

Blaming & Complaining

Esteem

Let's Start with-Confidence

What is Esteem?

Esteem: Keep it Simple

Conditional & Unconditional Self-Esteem

Conditional Self-Esteem

Bringing it all together

About Sue Anderson

Sue Anderson works in the field of Emotional Intelligence and Resilience. Her specialty is helping people develop mental toughness so they can excel (not handle) in the pressures of the modern workplace. A highly sought-after coach, mentor, trainer, author and speaker, Sue Anderson works with organisations and businesses to develop highly functional and productive workplaces, with confident, resilient and motivated employees.

As a Thought Leader in the areas of resilience building in the workplace, Sue utilises her cutting edge methodology to help individuals and teams move from a place of fear and dysfunction to a highly engaged, confident workforce. By integrating and refining areas including communication, motivation, beliefs and emotion, Sue's programs empower employees, enabling ongoing positive human interaction in the workplace and beyond.

With qualifications in psychology, management, quality assurance, training and coaching, Sue's unique approach is accessible, fun and builds capability. Sue passionately believes that developing resilient and **Unshakeable Leaders** is critical to improving everyone's wellbeing and quality of life.

