



# athena

LEADERSHIP  
ACADEMY

Athena Leadership Academy programs and workshops use a blended learning approach and are designed to maximise engagement, exposure and on-the-job experiential learning for all participants. Our award-winning programs range from Graduate Programs to Senior Leadership Development Programs and everything in between.



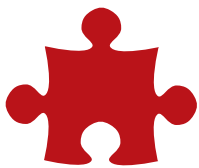
## CREATING HIGH-PERFORMANCE TEAMS

Teams are dynamic, fluid and need constant attention and building to avoid behavioural traps and dysfunctions. Using the DISC method we dive into individual behavioural styles to develop effective communication, delegation and accountability which ensures your teams thrive.



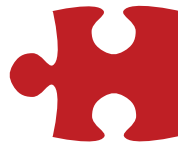
## PEAK PERFORMANCE AND WORKING SUSTAINABLY

To maximise your output and engagement, you need to understand how your mind and body function optimally. This is part science and part the processes we work by. The outcome ... greater productivity, higher output, more energy, improved engagement ... in less time and with less stress.



## COURAGEOUS LEADERSHIP

Empowering leaders are influential, productive and high-performing. This requires a strong leadership mindset and courageous communication with impact, as well as the ability to navigate the crucial step from Manager to Leader. We help you to create an organisation of leaders people *want* to follow.



## COURAGEOUS CONVERSATIONS

Understanding what drives your own and others communication; our motivators, our fears and the value we add to organisations. Empathy is the key to mastering challenging conversations and building strong, productive relationships; both at work and at home.



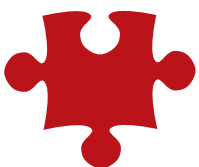
## EXECUTIVE PRESENCE

What do you want to be known for? Ensuring every impression you leave is congruent, authentic and aligned with your future aspirations; both in person and online.



## CAREER BY DESIGN

Career aspirations and goal setting made fun! A workshop to help keep your best performers within your organisation and for your team create a development plan. Great for succession planning!



## STRATEGIC BUSINESS RELATIONSHIPS

"It's who you know, not what you know" but also who knows you and what they know you for. We help participants to articulate their future aspirations and then identify the key players to make those dreams a reality. Participants walk away with clear strategies for forming strong mentor and sponsor relationships.



## RESILIENCE AND MENTAL TOUGHNESS

Changes and challenges are part of daily life. Resilience and mental toughness looks at how we manage through stressful times and provide participants with tools to thrive, not just survive.

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