

leadership SOLUTIONS



ABOUT TAMMY AND DAVE

Tammy Dewar and Dave Whittington are passionate educators who integrate theory and practice into creative, engaging and thought provoking learning experiences. They are committed coaches who inspire people to find and make the most of their leadership potential. Calliope's work has included large scale leadership development projects, team development and coaching, and executive coaching. They have experience in a number of sectors and engage front line staff and executives alike.

HOW TO LEAD WHEN YOU ARE FEELING BURNED OUT

While some may think of leadership as a position, it is actually a choice we make every day. Leadership requires that we bring our best to every situation, a challenging proposition in today's work world.

In this workshop, discover new ways to think about and re-ignite your leadership. Leave the workshop with a renewed sense of your own leadership and ideas for how you can continue to develop it and make a difference in your life and in the lives of those around you.

In this engaging and interactive session, you will explore:

- The role of happiness to your leadership
- The art of reframing
- How to manage your energy
- The importance of your social network
- How engaging with others in an authentic way brings energy to everyone