

WiCK Consulting is a unique, future-focused people development enterprise, based in Canberra. Our name - WiCK – represents the four foundations of our approach to developing performance: *Well-being; Integrity; Communication; and Knowledge.*



## Upcoming [WiCK courses](#)

### **1. Meditation Special - Sundays during August**

A 4 week 1 hour meditation course to be held locally in the Canberra countryside on Sunday 8, 15, 22 and 29 August from 10.00 – 11.00. These sessions will be held in a relaxed atmosphere, with the opportunity to have coffee and morning tea and a walk in the country for no extra cost. You will receive FREE CD with meditations ready for you to start meditating.

**Cost \$100.00 for four one hour sessions.**

Numbers strictly limited so book now!

### **2. Leadership Series - From Good to Great!**

How would you like to go from good to great? This learning series is ideal for people who believe they can achieve more, both for themselves and their team. This WiCK Ed. 3 session learning program will give you the knowledge and tools to be your best whether at work, home or play. Sessions can be taken individually or together as a composite learning program.

#### **a. Leading Yourself - Monday 30 August**

Having completed this one day workshop, you will:

- Understand that knowing and effectively leading yourself is a prerequisite for leading others
- Have built knowledge of your preferences for thinking and communicating (option to undertake the Hermann Brain Dominance Index)
- Recognise and utilise your strengths in communication and thinking
- Be able to identify and align your values for authenticity and performance
- Understand the role of beliefs in actions and results achieved
- Learn to question and challenge your limiting beliefs
- Build confidence and competence in your capabilities as a leader

### **b. Pure Grit: Building capability and resilience - 18 October**

Having completed this workshop, you will:

- Have a better understanding of what is meant by resilience and its role in work and life
- Identify inevitable stressors and their impact on you and others
- Develop a greater understanding of mind and body wellbeing and its critical role in building individual and team resilience to stress
- Gain awareness of strategies to build resilience – mindfulness, caring relationships, fun and laughter, emotional intelligence, good physical health and positive attitude
- Have greater courage to tackle change and weather difficult times
- Be able to select a tool from an armoury of resilience tips and tricks to help you recover more readily from disappointment and unexpected change
- Create networks to support your change strategy
- Develop your own resilience plan

### **c. Feeling Good: Health, well-being and emotional intelligence - 15 November**

Having completed this workshop, you will:

- Have a good understanding the importance of health and well-being to your performance
- Be more aware of the biological basis of mind and body well-being
- Understand the implications of physical exercise and diet on body and mind well-being and ultimately, performance
- Learn about Emotional Intelligence (EQ) – what it means, how it can be developed and its higher relative importance in the workplace
- Have learnt some strategies to help build physical resilience and mental agility
- Understand the practical basis for developing and sustaining good habits

### **Cost and How to Enrol:**

Remember, this investment is in YOU, and will benefit YOU and your team:

Cost is \$550.00 per person for one course

Cost for 2 people to attend one course or 1 person to attend two courses - \$900.00

Cost for 3 people to attend one course or 1 person to attend all three courses \$1250.00

**Special offer** - If 3 people enrol in all three courses (\$3,750), you will get one additional complimentary enrolment. Saving \$1250.00!

If you feel that the course has not achieved its learning outcomes for you, then you can request a 100% refund on your investment.

**Contact Barbara Baikie on 0419 477959 or e-mail [enquiries@wickconsulting.com.au](mailto:enquiries@wickconsulting.com.au).  
Alternatively you can let us know you are interested by logging onto our [website](#) .**

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