



## LeaderZEN

### Self-mastery & mental fitness for calm, confident, capable leaders



Whether it's talent shortages, recruitment difficulties, performance management, engagement or staff morale, leaders carry a high burden which has been exacerbated by the global pandemic. Empathy fatigue, change weariness, integrating hybrid working and trying to keep a culture of collaboration. It's no wonder burnout is on the rise as we not only adapt to a new normal but also lead others through this landscape.

#### LeaderZEN helps leaders to –

- Leverage self-mastery and awareness as core leadership skills
- Develop an ability to adapt to change effortlessly and bounce back from set backs
- Increase focus and concentration and access a flow state to enhance productivity
- Become fearless but wise, compassionate and respected
- Empathic with the ability to regulate and control emotional response
- An energised sustainable resource with the ability to innovate
- Embracing trust and presence of mind to guide decision making and conflict resolution
- Develop mental fitness and perform at your peak

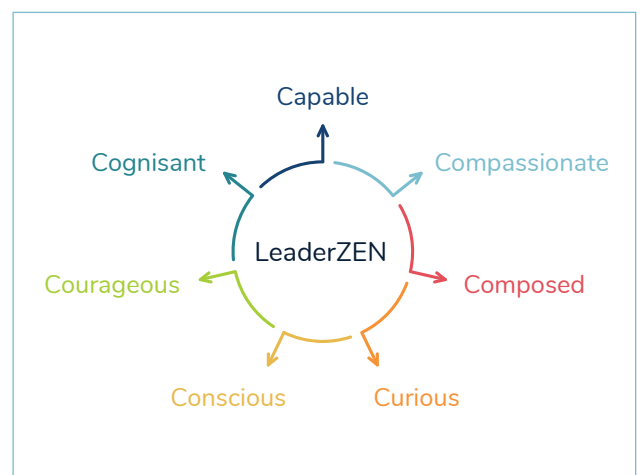
Develop the kind of calm that is contagious, when you speak, others listen. A conscious leader, you know who you are and stand in your power; cognisant and composed to navigate the challenges ahead and make an impact.

This is a new kind of leadership for a new kind of era. Post pandemic challenges have changed the face of how we work and lead. It requires evolution and a new focus as leaders to ensure we're ahead of the curve.



#### This unique programme includes –

- 3 bespoke leadership workshops
- Monthly follow up coaching and support
- Additional resources, reading material and online learning to support implementation
- Tailored to organisations needs not off the shelf
- Shared learning and understanding, leadership teams are talking the same language
- Practical strategies and proven experience, tried and tested in the leadership world





## Jess Stuart. International speaker, coach and author of six personal development books.

With a background in senior HR roles and a decade in the corporate world, Jess has been a senior leader herself and coached hundreds of others. Working with leaders across many countries and industries, businesses find Jess can speak their language.

A brush with burnout in her corporate career lead Jess across the world to train with Buddhist monks and Nuns. A decade later, after writing six books and running her own successful business she shares what she knows about mind-set, resilience and self-belief to empower people to unlock their potential.

Highly acclaimed event speaker and proud member of the rainbow community. Featured on TV3, BBC, RNZ, Dominion Post, Stuff and NZ Business Magazine. Described as inspiring, articulate and relatable by audiences. Jess has a passion for sharing her knowledge and motivating others with her words.

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Far out, the verbal feedback that has streamed in about your session is phenomenal.  
– Waikato University, Women in Leadership Symposium

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I saw immediate benefits from Jess' coaching. I noticed a big change in my confidence and stress levels, having explored various scenarios with Jess and receiving support and actionable strategies for these.

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Jess's work contributed to a number of women being promoted to new roles within in the National Security Workforce.

### WORKING WITH



### FEATURED ON

