

# Self Care

**“You can’t drink from an empty cup.”**

When we don’t care for ourselves the impact can be devastating not just for our physical wellbeing but for the productivity and relationships around us.

Learning to understand what wellbeing means to each of us and how it is intricately linked to our performance at work and at home, means that we can make small changes to help shift us to optimal functioning.

A lot has been written about self care. It often ignores the realities of working life. Being able to base our self care rituals around the conditions we live and work in means we are set up for success and not failure or disappointment. Making sustainable and meaningful progress is what self care is all about.

This engaging webinar will help you to create a personal self care plan. The beauty of this webinar is turning the evidence-based theory and research into easy to follow and useful practical steps for everyone to grow and develop their leadership.



Formats:



webex

zoom

Length:

**90 MINUTES**

Presenter:

Margie Hartley

Pre work:

Reading and listening

Post work:

Practice and reading

Outcomes:

- + Practical frameworks to use immediately
- + Increased awareness of wellbeing and performance connection
- + Understanding the dangers of poor self care
- + Latest research on burn out by WHO
- + Practical tips on recognising wellbeing states and making a shift
- + Sophisticated and simple tools to change and remain stable

Investment:

**\$3750 PER WEBINAR (90 MINUTES)**

*for up to 30 people — \$50 per person there after*

For more information [hello@gramconsultinggroup.com.au](mailto:hello@gramconsultinggroup.com.au) or **0415 670 130**



**GRAM CONSULTING GROUP** is a community of facilitators, evidence based coaches, academics, organisational psychologists and good humans who specialise in:

- + Executive Coaching
- + Leadership Development
- + High Performing Teams
- + Leader as Coach
- + Specialist Qualitative Reports

To do that they have a multi-disciplinary and evidence based approach using principles from:

- + Coaching Psychology
- + Positive Psychology
- + Social Psychology
- + Organisational Psychology and Organisational Scholarship
- + Appreciative Inquiry
- + Anthropology
- + Sociology

Gram Consulting Group work with 11 of the top 20 ASX listed companies, three international organisations and many smaller organisations.

## **WHY AND WHEN FACE TO FACE EXPERIENCES**

Face to Face workshops enable highly effective ways to build trust, have highly collaborative and quality interactions and build the relationships and understanding in a team or group of people. These workshops allow for interaction, different environments, discussion and practice. It allows for flexibility and fulfils our human need for connection, interaction and increases the ability to deal with complexity.

## **WHY AND WHEN VIRTUAL EXPERIENCES**

With the world currently experiencing the COVID-19 pandemic, virtual learning experiences are now more than ever a necessity for teams and organisations. Webinars are built for convenience, scale and accessibility. They do not replace the face to face experience but can be used as a blended experience. We use multiple platforms and have a hugely successful record in providing engaging experience with a strong up take of the learning.



# Margie Hartley

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Margie Hartley is the founder and lead consultant of Gram Consulting Group, an independent executive coaching and facilitation community.

Since 2004 Margie has been consulting to organisations, teams and individuals to grow learn and develop. Her specialities are team and leadership development.

Margie's coaching and facilitation skills are highly regarded and her experience is extensive, lying across multiple industries and job families. She has deep experience and prides herself on curating the right experience for every single client to maximise the growth and learning for everyone.

## **COACHING PHILOSOPHY & APPROACH**

One of the key features of the coaching methodology, which supports its continued success, is the ability for coaching to be specifically tailored to particular goals or needs of a client. Margie uses solutions focused methodologies and draws on relevant research. Margie's coaching approach is underpinned through an established evidence-based collaborative, goal oriented solution focused cognitive behavioural framework.

## **INDUSTRY KNOWLEDGE & EXPERIENCE**

Margie has coached at senior levels in 11 of the top 20 ASX listed companies, Margie has a strong track record with enabling results at an individual, team and organisational level. Margie has over 15,000 hours of coaching experience.

*Margie is also part of the PodcastOne family and has three podcasts; Superwomen we Ain't with Janine Allis from Boost Juice, Fast Track Career Conversations with various guests, and Rebuilding Australia our Mindset, a post-bushfire trauma recovery podcast with Australia's leading psychologist and psychiatrists.*

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