

Let go of perfectionism & learn to thrive at work

Be perfectly imperfect & get more done

Friday 15 July 2022, 9:00am - 12:30pm AEST

Seminar Leader



Claire Harrison
CEO, Coach, Business
Strategist
& Meditation Teacher
Speaker & Facilitator

This seminar is:

- **A deep dive into an ingrained trait that affects many women:** Designed to support a growth mindset and your leadership professional development
- **Led by our most trusted and highest-rated facilitator:** Having led 600+ attendees since 2020, Claire Harrison has received an average customer satisfaction rating of 98%.
- **Inspiring and practical:** Full of lightbulb moments and tangible tips!

Claire Harrison is an executive coach, writer, facilitator and mindfulness teacher. She is a former tech and media industry business leader, holding senior leadership roles with REA Group, Mamamia Women's Network, Business Chicks, Women's Agenda, Getty Images and NewsCorp. Claire is the founder of The Calm Revolution, a centre for mindfulness and meditation and hosts a weekly podcast of the same name. Claire holds a Diploma in Positive Psychology and her areas of expertise include resilient leadership, building emotional intelligence, mindfulness based strengths training and executive coaching with a focus on leadership and business. She has over 15 years experience leading high performing teams and developing workplace culture.

What will you take away?

- Set high standards not unrealistic expectations for yourself and your team
- Learn how to get comfortable with uncertainty and avoid becoming overwhelmed
- Cultivate self-compassion and the courage to be yourself
- Release your attachment to what people think and find your voice
- Stop letting self-doubt become self-sabotage
- Become a more effective leader by being perfectly imperfect

Available as an
in-house Private
Training option



The
Hatchery

Expect less & achieve more

Perfectionism is a dysfunctional trait for many women in leadership and can get in the way of you achieving greatness.

Having high standards is healthy and motivating but striving for perfection is rooted in fear and self doubt.

Expecting flawlessness only leads to disappointment, exhaustion and a fear of not being good enough. It erodes our confidence and increases stress. Leaders who expect the best often set unrealistic expectations for themselves and their teams, leading to toxic cultures of blame and fear.

By letting go of your preconceptions of perfection you can work more effectively and with greater impact.

Attend this unique seminar to learn how a simple shift in perspective and mindset can **dramatically change your productivity and influence**. Walk away with a new way of thinking about the way you work and tangible tools that will help you **cultivate courage by letting go of self doubt**.

Agenda | Friday 15 July 2022

All times are shown as AEST

9:00	Registration opens, welcome remarks & virtual learning tips	11:05	Short break
9:10	Overview, expectations & objectives	11:15	Work towards progress not perfection <ul style="list-style-type: none">• Let go of your attachment to what people think• How to cultivate self-compassion• Have the courage to be yourself and be perfectly imperfect
9:15	Why perfectionism is holding you back <ul style="list-style-type: none">• High standards v perfectionism• How perfectionism keeps you stuck• When self-doubt becomes self-sabotage	12:05	Q&A: Ask Claire any questions you have about the seminar & reflect on your key learnings
10:05	Short break	12:30	Closing remarks & close of seminar
10:15	Get comfortable with letting go <ul style="list-style-type: none">• How to turn fear and indecision into confidence and action• Release your 'shoulds' and the need for control• Embrace flexibility and get comfortable with uncertainty		

What can I expect from this seminar?

- **A highly engaging and top-rated facilitator:** Claire is an expert in virtual facilitation and will keep you engaged and informed throughout this online seminar. Past attendees rave about her style and energy, as proven by her current customer satisfaction rating of 98%.
- **One value-packed online session:** Maximise your learning and your time through one in-depth session and get direct feedback from a leadership expert.
- **A toolkit of takeaway resources:** Walk away with a toolkit of practical resources that you will be able to implement immediately in your role.
- **Refresh your memory after the event and watch live content on demand.** Keep fully engaged throughout the seminar without the need to take notes and with full confidence that you will not miss a thing.

Who should attend?

Aspiring, emerging and existing female leaders from all sectors. Anyone who could do with a confidence boost or greater self awareness.

- Manager through to senior leadership
- Early career and emerging female leaders
- Learning and development practitioners
- Consultants and leadership coaches
- Women returning to work from leave
- Male allies and champions for change

Testimonials from Claire's past events

"It's never too late to start now. You're in complete control of what you do next."

- **Public Servant, Department of Defence, March 2022**

"Empowering and insightful. Thanks for helping me regain my confidence and reminders on self care."

- **Departmental Officer, Department of Health, March 2022**

"What a wonderful course. Empowering next generation leaders in self care and positive supportive leadership."

- **Senior Program Officer, Services Australia, March 2022**

Pricing & Registration



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How To Register



Online

Book online at our website
www.the-hatchery.co/event/perfectionism-seminar-2022



Email

Register with us at
customercare@the-hatchery.co



Phone

Call a member of our customer service dept at **1300 918 334**



Photo. Scan & Send

Scan or fill out our form and send a photo to
customercare@the-hatchery.co.

Looking to run this course in-house? Please enquire with our Event Services Team eventservices@the-hatchery.co

Event Prices

Tick relevant box	Book & pay by 3 Jun 2022*	Book & pay by 24 Jun 2022*	Standard price AFTER 24 Jun 2022*
Standard Digital Rates			
<input type="checkbox"/> Half Day Seminar	\$499 + GST = \$548.90	\$699 + GST = \$768.90	\$799 + GST = \$878.90
	SAVE \$300	SAVE \$100	

Calculate your ticket price \$ _____

How To Pay

Payment can be made by credit card or bank transfer

Credit card: Call us on 1300 918 334 or return the form below:

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Bank transfer: Please invoice me.

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*Team Discounts

Groups of 10+ save 10%

Groups of 20+ save 20%

Please note group bookings must be made for the same package at the same time and discounts are valid off the current price.

Terms & Conditions

Full payment must be received prior to the seminar to ensure attendance. Delegates may not "share" a pass between multiple attendees.

***Early bird prices subject to availability.**

Cancellations:

No cancellations will be refunded, however, a substitute delegate is welcome at no extra charge. A credit voucher will be issued for cancellations received in writing more than two weeks before the event date. For an event cancelled by The Hatchery, registration fees are fully refundable. **See the website for full terms and conditions.**

Privacy Policy:

Information collected on this registration will be added to our secure database. This information may be used for the purpose of contacting you regarding ongoing research, product development and services offered.

We may also share this information with other professional organisations (including our event sponsors) to promote relevant services.

For our full privacy policy please visit www.the-hatchery.co/privacy-policy

Changes to Seminar and Agenda:

The Hatchery reserves the right to alter the programme without notice and is not responsible for any loss or damage or costs incurred as a result of substitution, alteration, postponement or cancellation of any event.

The Hatchery ABN: 15 641 236 722