

# Wellbeing for Complex Times

Investing in wellbeing for sustained leadership.

## Complexity

We are living and working in environments of significant change, rapidly shifting opportunities and less predictable outcomes. Coupled with this, is the recognition that “simple” solutions are insufficient when the problems we need to address include consulting with multiple stakeholders, systemic issues and finite or diminishing resources.

Living and working in these complex times can take its toll on our wellbeing and health. We are finding that our old ways of operating do not guarantee results the way they used to. And yet the future also offers us incredible opportunities - if we are in a position to make the most of them.

## Comfort with ambiguity & uncertainty

Juggling the many choices and opportunities that come with this territory requires us to become more comfortable with ambiguity and uncertainty. Finding approaches that enable us to thrive and remain steady when adversity strikes, or simply when the best path forward is unclear, is what this workshop offers.

## From overwhelmed . . .

In this environment, many leaders refer to a sense of feeling overwhelmed. The daily demands on their time are significant. While these leaders are highly committed and talented, many still feel they can never achieve “enough” in their roles.

## . . . to restored, replenished and renewed

This workshop offers you the opportunity to step out of complexity for a day and intentionally shift your mindset and habits to ensure that navigating the year ahead will provide balance between effectiveness and wellbeing.

Drawing on contemporary evidence and practice in leadership, behavioural science, and the best of current approaches to personal wellbeing, the day will be informative, practical and fun.

The combination of evidence based knowledge, a variety of practical tools and techniques to apply along with understanding the patterns that hold you back will set you on your way.

## Revisit, revive, reset

To sustain your wellbeing, we will be providing further opportunities during the year to top up your wellbeing. Short, 2 hour sessions will be held for you to revisit your wellbeing goals, revive and maintain your new approach.

Wellbeing retreats will also provide a deeper opportunity to reflect, enhance and embed your wellbeing practices.

## Customisation

We can tailor this program to meet the specific needs of your organisation and deliver it conveniently at your own premises. To explore this option further, please contact either Evelyn Wagner or Debra Sarre at [enquiry@sarreodl.com.au](mailto:enquiry@sarreodl.com.au)

## Program content

- The context of complexity
- Strategies to thrive
- Nurturing positive emotions
- Growing accomplishments
- Building engagement
- Investing in relationships
- Cultivating meaning
- Preparing to thrive in the year ahead

## About SarreODL

Based in Adelaide, SarreODL was founded in 2000 by Debra Sarre to support the development of effective leaders, high performing teams and engaged individuals who deliver organisational outcomes. Operating in today's complex environments, more than ever, requires strong, effective leaders who connect with and bring out the best in employees. Working on a foundation of evidence-based, organisational and behavioural science research, SarreODL, inspires clients to challenge themselves and to make a positive difference in their organisations.

## Facilitators

### Debra Sarre & Marianne Stacy

Debra and Marianne have worked together for 10 years. Both share a common philosophy, approach and research base in their work, and, bring their different personalities, experiences, knowledge and skills to their leadership development work.



Debra is the Founder and Principal Consultant of SarreODL, and a passionate supporter of positive, healthy and productive workplaces. Debra obtained a Bachelor of Psychology from the University of South Australia and has pursued further study in the field of Positive Psychology and its contribution to workplaces. It is this passion and foundation that Debra brings to building wellbeing and resilience. Working alongside clients as a trusted advisor, educator and coach, Debra brings her warmth, expertise and extensive experience to the development of people in organisations.

Marianne is a Psychologist specialising in leadership and organisational development with extensive experience in the design and facilitation of high impact leadership and change programs. An accomplished executive coach, Marianne works with individual leaders to enhance performance as well as coaching senior teams. She also enjoys delivering wellbeing and resilience programs underpinned by positive psychological principles. Marianne has worked in leadership roles in the public and private sectors, and enjoys combining contemporary thinking and research with practical knowledge and skills.

Together Debra and Marianne focus on coaching leaders to successfully navigate the increasingly complex and challenging context in which we all operate. Their passion for leadership development is grounded in their belief that our society is best served by fostering mature, adaptive leaders and positive organisations.

## Cancellations & deferments

We understand that situations can change and hope they don't affect your ability to attend this program. If the intended participant is unable to attend, a suitable substitute will be accepted right up to the morning of the program with no financial penalty. However, if you need to cancel or defer we will require written notification of cancellation or deferment no less than 28 days prior to the commencement of the program for the full fee to be refunded. If written notification is received between 14 and 28 days prior to the program commencement date, a 25% fee will apply. If written notification is received less than 14 days prior to the commencement of the program, the full fee will be forfeited.

## Inclusions

Included in this program, each participant will receive comprehensive course materials, relevant readings and full-day catering. Participants will also receive a Certificate of Participation.

## Program details

For program details including dates, venues and fees for the Wellbeing for Complex Times program, please visit our website.

For further enquiries, please email either Evelyn Wagner or Debra Sarre at [enquiry@sarreodl.com.au](mailto:enquiry@sarreodl.com.au) or phone +61 (0) 407 431 007.

### Time

1-Day Short Course - 9.30am - 4.00pm

*(Light lunch provided, including morning and afternoon tea)*

### Registration

To register for the Wellbeing for Complex Times, program, please visit: [www.sarreodl.com.au/customised-and-open-enrolment](http://www.sarreodl.com.au/customised-and-open-enrolment)

[Register](#)

**sarreODL**  
Organisational Development & Learning



[www.sarreodl.com.au](http://www.sarreodl.com.au)

[enquiry@sarreodl.com.au](mailto:enquiry@sarreodl.com.au) | Ph: +61 (0) 407 431 007

**Disclaimer:** The information in this publication is current as at the date of printing and is subject to change. You can find updated information on our website at [www.sarreodl.com.au](http://www.sarreodl.com.au)

