

## Connecting the Dots: Person Centred Leadership for Professionals

Change can be overwhelming, unsettling and uncertain. What most people don't realise is that it can provide an amazing opportunity for genuine self-development, discovery and leadership. It's been a challenging 12 months universally, and as we continue to navigate our way out of 2020, what better time is there to pause for reflection to find the life you truly want to be living – both personally, and professionally.

If you found yourself feeling lost, stuck or unsure about the path ahead in recent times, rest assured you are not alone.

If you're ready for a way forward – to ground yourself in your values and to find your North Star, then this is the course for you...

The Jeder Institute's *Connecting the Dots: Person Centred Leadership* course is designed for leaders from helping professions who are looking to grow their existing skills and confidence, through finding greater life balance and purpose.

Facilitated online by experienced psychologist and facilitator, Rachel Dickson, this 10-week course incorporates valuable group-based learning, peer mentoring and individualised goal setting. Topics covered include; Re-envisioning your individual career path and reflection on your development as a leader; Cultivating effective life skills (coping mechanisms) and resilience; Self-care through mindfulness and reflective practice; and Redefining relationships and communication.

**Dates: THURSDAYS FOR 10 WEEKS, starting April 22<sup>nd</sup>**

22<sup>nd</sup> April; 29<sup>th</sup> April; 6<sup>th</sup> May; 13<sup>th</sup> May; 20<sup>th</sup> May; 27<sup>th</sup> May; 3<sup>rd</sup> June; 10<sup>th</sup> June; 17<sup>th</sup> June; 24<sup>th</sup> June.

**Time: 10am – 2pm**  
(including short lunch break)

**Venue: Online via Zoom**

**Cost: \$120/day x 10 weeks**

**Register at: [Connecting the Dots](#)**

**Facilitator: Rachel Dickson**  
BPsych, PGDip (Social Health), MAPS.

Rachel is an experienced developmental psychologist with 20 years' experience in the human services sector across clinical, training and research fields. She is a passionate advocate of the humanistic approach to people and life, with much of her focus on empowering others to navigate life's challenges with honesty, congruence and self-actualisation.

A skilled facilitator in person centred approaches and leadership, reflective practices and mental health awareness, Rachel has worked nationally and abroad, sharing her approach with others.