

STRENGTHS-BASED LEADERSHIP



NEW ZEALAND INSTITUTE OF
**WELLBEING &
RESILIENCE™**

Elevate your skills to attract,
motivate and retain the best people

In 2023, first class leadership requires us to inspire teams, while equipping them to handle ongoing disruption, challenge and change. Discover how to become a Strengths-based Leader and future-proof your leadership in this stunning Masterclass taught by one of the world's most highly regarded resilience trainers.

THIS MASTERCLASS SERIES IS FOR YOU IF...

- Attracting, engaging, motivating, and retaining the best people is a top priority for your organisation.
- You need strategies to motivate and engage all your people to successfully navigate challenge and uncertainty.
- You're an experienced manager looking to elevate your management style, and want to draw the best from your people and teams.
- You're leading in a competitive environment and want to outperform the competition.

BY THE END OF THIS MASTERCLASS SERIES, YOU WILL...

- Identify and leverage your personal strengths boosting your own resilience, wellbeing and performance
- Equip your team to identify and leverage their strengths
- Develop your abilities to recognise and nurture strengths in each other
- Feel more confident about providing effective and motivating strengths-based feedback, even in challenging situations
- Unleash the potential of Job Crafting in your workplace
- Develop your personal go-to strategies for building Psychological Safety within and across teams
- Discover how to maximise team engagement, performance and retention by building better work relationships and practicing strengths-based task allocation within teams
- Identify your go-to strategies for enabling teams to know each other, build trust, and perform at the highest level despite ongoing changes, uncertainty and disruption.

INTRODUCING DR DENISE QUINLAN

Dr Denise Quinlan is acknowledged internationally for her ground-breaking academic research on the impact of strengths-based approaches to wellbeing, relationships, and social climate. Her corporate background and strengths in course design and delivery have enabled her to deliver transformative training in strengths-based leadership to corporate leaders around the world. As an award-winning guest lecturer at globally ranked IE Business School in Madrid, Denise taught strengths-based leadership to senior executives from Fortune 500 and leading global organisations.



Recognised as one of the world's leading resilience experts she was part of the team delivering the first science-based resilience training programme ever created (by the University of Pennsylvania). Denise's expertise in strengths-based approaches and their effect on wellbeing and resilience has seen her work published in international academic journals and won her international impact awards.

Denise has extended the world's understanding of strengths, highlighting important cultural differences in working with strengths, and cataloguing common pitfalls and how to avoid them. Her deep expertise and breadth of experience is what makes this Masterclasses series so special. The information in every session is carefully curated to ensure the learning is well timed, carefully paced, high impact, and enjoyable.

This unique opportunity to learn with Denise in a live environment allows you and your team to be coached, to develop your strengths-based leadership, and get the answers to your questions.

Follow: [@drdenisequinlan](#)

Email: denise@nziwr.co.nz

