



## Energise Your Team

### Reset & Re-energise for 2022

Most organisations and leaders have faced many challenges over the past 2 years with disruption being the norm.

Whilst there has been some fantastic examples of businesses embracing the challenges presented and thriving, there has also been a considerable toll on the resilience and energy levels of workforces around the country.

This session will be an opportunity for leaders to reset and re-energise themselves and their teams for the year ahead. Through an interactive and evidence based workshop, we will focus on:

- Reflecting on the past – what can we leverage and what do we need to let go of?
- Checking the 'energy zone' for you and your team
- How to reset for the year ahead
- Making a choice – deliberate tactics for planning and achieving by DESIGN and not by DEFAULT

We will explore practical, evidence-based tactics for re-setting and re-energising (individually and as a team), facilitated by an experienced Business Psychologist.



#### The Facilitator: Greg Dean – Director, Yes Psychology & Consulting

Greg is an Organisational Psychologist and Leadership & Wellbeing thought leader with more than 26 years of experience in both private and public sectors throughout Australia and the Middle East. His qualifications in both organisational psychology and business ensure that all of his interventions enhance both individual wellbeing and organisational efficiency and productivity. Greg provides a range of speaking and consulting services at the individual, team and organisational levels and has a particular interest in working with organisations to improve their resilience, culture and leadership effectiveness.

### Session Details

**Date:**

Wednesday 23<sup>rd</sup> February 2022

**Location:**

Pullman Brisbane  
King George Square  
Cnr Ann & Roma Streets,  
Brisbane

**Session Time:**

8:30am arrival for 9:00am start.  
Session will conclude at 11:30am.

Attendance at the session is complimentary and will include continental breakfast, coffee & tea.

DFP and our venue partner are committed to ensuring this event is held in a safe environment aligning with COVID safe protocols and guidelines.

**Please RSVP to:**

Tom Hatch on  
03 8632 9952 or email  
[thatch@dfp.com.au](mailto:thatch@dfp.com.au)  
by Tuesday 15<sup>th</sup> February 2022

**dfp.com.au**