



## TUNE IN: Unlocking the Power of Self-Talk

### Details:

#### One day in-house workshop (9am-5pm)

- Up to 16 people (women only or men only groups)
- Delivered anywhere in New Zealand
- On-site or off-site as you choose

### Investment:

**\$8,400 + GST**

Includes journals, pens & call with Kate to understand your organisational context  
(Does not include venue, catering, travel etc)

### Who's it for?

Tune In: Unlocking the Power of Self-Talk is for people wanting to:

- Create space in a noisy mind
- Quieten self-doubt and build confidence
- Turn down their Inner Critic
- Dial up their Inner Coach
- Deal with 'Imposter Syndrome' and back themselves

### Why is it important?

When it comes to the challenges and obstacles we all face as part of a 24/7, always on, increasingly volatile and uncertain life and business environment, self-talk can be our biggest enemy or our most powerful ally.

But...we just don't know how to tune in to it and even if we do, we don't like what we hear. In a series of studies in 2014, people preferred to distract themselves by self-administering electric shocks rather than sit alone with their own thoughts for between just 6-15 minutes!

Self-talk simply isn't something we learn how to listen to, handle and harness as part of standard technical and professional development. This is where the importance of personal leadership development is becoming clear. In the face of immense, convergent and rapid change (at work AND at home) our ability to connect; build trust and self-confidence; and create, innovate and discover new value is becoming more and more challenged. Increasing self-awareness and the capacity for inner self management is now becoming a foundation development agenda.

### What is it?

Tune In: Unlocking the Power of Self-Talk is an intimate 1-day workshop that brings your people together for a unique shared learning experience as they increase their awareness of the constant stream of 'chatter' going on between their ears and the impact its having on their individual behaviour and potential, and their shared culture and performance.

The spacious, conversational design allows them to discover, reflect on and share experiences that foster a deep level of connection and trust as a group that extends beyond the space and time of the workshop. They see themselves and others in new ways and acquire practical tools and approaches to use in their day to day life and work.

### Workshop outcomes

1. A new awareness and wider perspective on their internal dialogue
2. Personal leadership insights and self-coaching practices to implement immediately to improve their ability to tune in to and take charge of self talk
3. A new understanding of, appreciation for and relationship with their Inner Critic
4. Identified opportunities to develop new habits and practices to grow their ability to use 'chatter' as a self-coaching tool
5. An action plan based on learning insights and an accountability buddy to support sticking with it.

## YOUR PROGRAMME FACILITATOR



Kate is a Co-founder of Blacksmith, one of New Zealand's top leadership development practices ([www.blacksmith.co.nz](http://www.blacksmith.co.nz)) and a sought after speaker, author, facilitator and mentor.

Along with over 20 years in the people, culture and leadership industry, Kate has earned a 'life university' PhD in suffering as part of the human condition and developed a deep appreciation for the value and importance of personal growth. It is this magic combination of

experiences, her realness and her commitment to a conscious approach to life, leadership and business that makes her a leader in the field of personal and organisational evolution.

*"Don't let who you're being get in the way of who you could become." - Kate Billing*

Kate has worked with leaders across a range of organisations and industry sectors including:



icebreaker



amplifon



*"I recently attended 'Tune In - Unlocking the Power of Self Talk' with Kate. Anyone that has attended workshops facilitated by Kate will know how amazing she is - her openness, genuine interest in understanding what makes people tick and her phenomenal knowledge and passion for her craft put her in a league of her own. Tune In was particularly well timed for me, having recently returned to work full time after being on parental leave and feeling conflicted about my changing role. Throughout the day I identified my 'inner critic', what they were saying and put in place some strategies to start changing the dialogue. It was an immensely rewarding day and the interactive session was also a great opportunity to share experiences and network with a truly great bunch of woman. I would highly recommend it." - Abi Cameron, Manager Capital & Governance, Vodafone*

*"It is rare, in this late stage of my career, that I find anything that inspires me to change the way I look at or think about others and myself. Tune In was just that. I think having it 'men only' was a great move - it was a safe environment for us all and I think without fail the group were all inspired to adopt some part of the advice and insights that Kate provided." David Hayman, Test Practice Manager, Genesis Energy*