## 8 ESSENTIAL SKILLS FOR HIGH PERFORMANCE IN EXECUTIVE SUPPORT & ADMIN

INNOVATION & EXCELLENCE FOR EXECUTIVE SUPPORT

## 7 - 8 DECEMBER ONLINE DELIVERY

## EXPLORE

- Proactive self-management for executive support excellence
- Develop and maintain resilience in a high pressure, high volume environment
- Manage expectations and manage up
- Balance your workload and active career planning

### **EXPERT FACILITATOR**



**Liz Van Vliet** Founder & CEO **My EA Career** 



VIRTUAL EVENT Attend from anywhere!





### ABOUT THE EVENT

Executive support sits at the heart of an organisation's success. It's the great enabler, the spark that keeps the engines moving. EA's make it possible for businesses and government to function smoothly and effectively at all levels.

To be effective in your support position, you must continually uphold your knowledge and skills to be professionally successful, while supporting your executive's core function and priorities.

This two-day intensive is designed to equip you with the knowledge and practical tools to develop professional excellence and step up as an expert influencer in your organisation. Develop critical skills including conscious communication, effective stakeholder engagement and strategies to build trust with staff and senior management alike.

### TRAINING DELIVERY AND PRE-COURSE QUESTIONNAIRE

This workshop will be delivered using a three tiered approach. The structure of each session is as follows:

- 1. Technical overview and review of research into the topic area under discussion
- 2. Practical application of management principles in the review of case studies, worked examples and interactive exercises
- 3. Discussion of outcomes and implementation issues

Workshop participants will have the opportunity to include comments and questions about issues outlined in the program by way of a pre-course questionnaire. This feedback will enable the course facilitator to adjust content accordingly. The workshop has limited places to allow for customisation, greater interactivity and for individual concerns to be addressed.

### DAY ONE

## Proactive self-management for executive support excellence

- Navigate organisational politics and tackle complex conversations
- Respond proactively to challenging situations and changing environments
- Create strong professional relationships by establishing trust and credibility
- Project empathy and remain in control of a situation

# Develop and maintain resilience in a high pressure, high volume environment

- Develop emotional resilience to maintain composure during times of conflict
- Strategies to initiate sensitive conversations and effectively raise concerns
- How to effectively manage high level and high volume workloads
- Increase confidence to broach sensitive topics across your organisation

### Managing expectations and managing up

- Build an authentic and influential relationship with your manager
- Optimise time with your manager and optimise your manager's time
- Gain full engagement from your executive during times of high pressure
- Explore communication strategies to address difficult conversations

# Influencing with integrity (power without power)

- Develop the ability to build rapport and maintain relationships
- Unearth your communication style to maximise your influence on key decisions
- Remain authentic when faced with making difficult decisions
- Foster trustworthy relationships

### DAY TWO

## Getting across the issues, working across the business

- See past your own sphere and work with sensitivity
- Increase personal presence within the executive office and model behaviour
- Proactively manage expectations to operate autonomously
- Anticipate needs and prioritise to protect your time (and your manager's)

### Positive communication and Emotional Intelligence (EQ)

- Discover the ability to assess and measure EQ in yourself and others
- Understand your EQ and its impact on the way you are perceived
- ► Leverage your EQ in the workplace
- Communication styles you get back what you give out

# Effectively engaging with different (and sometimes difficult) personalities

- Deal with a range of personalities in high pressure situations
- Navigate challenging situations and effective communication for compromise
- Understand different communication styles to best resolve conflict
- Effectively deal with ambiguity

## Balancing your workload and active career planning

- Manage and maintain work-life balance with an ever-increasing workload
- Project and predict best practice calendar and diary management fundamentals
- Establish a leadership mindset that will accelerate your career development
- Develop a personal action plan and practical strategies to implement

### WHO WILL ATTEND?

Professionals providing executive support & running offices in roles including:

- Executive Assistants
- Personal Assistants
- Executive Support
- Faculty Support and Administration
- Executive Coordinators
- Executive Officers
- Project Officers
- Office Managers
  Business Support
- Administrative Assistants
- Administrative Managers

### YOUR FACILITATOR

Liz Van Vliet is a certified Executive Coach and qualified Corporate Trainer. She specialises in equipping Office Professionals with career-boosting confidence and POWER Skills. This is how Liz describes the "anything but 'soft' skills on steroids" that enable your staff to be what she describes as "the little hinges that swing big doors" and show up as Linchpins.

Liz has over 25 years of senior Sales and Marketing expertise with blue chip organisations such as IBM as well as a range of Software As A Service (SAAS) providers where she developed and honed her own POWER skills. As a coach and trainer she has worked with some of Australia's leading organisations to develop their office professionals.

Through her training, coaching and mentoring, Liz metaphorically applies the oil so that these little hinges can actually swing big doors, delivering the outputs and outcomes their manager and team require. Liz has identified the POWER Skills that propel your staff to be linchpins and through individual and stakeholder engagement is able to make an assessment of where to start developing the competency and capacity of your office professionals.

Liz believes that all staff have the opportunity to lead from where they are and that empowering them through skills development to do this more effectively can have a profound impact on an organisation. Your office professionals are the people in your organisation that need to be effective, not just efficient. Developing their POWER Skills is how to achieve this outcome.

Office professionals that are linchpins or are perceived as indispensable are just as deserving of professional development in this area as other middle and senior managers in an organisation.Liz considers it a privilege to fill this gap.



Liz Van Vliet Founder & CEO My EA Career

#### **Executive Assistant Development Intensive**

#### 7 - 8 December 2021

#### **Online Delivery**

## **Booking Form**

Event Reference: EADI1221A - O Priority Code: I

#### i Registration Information

Organisation Name						
Add	ress		Suburb	State Postcode		
Воо	Booking Contact Information					
Title	•	Full Name Pc	sition Email	Phone		
Delegate Information						
#	Title	Full Name or TBA	Position	Email		
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#### 🚽 Your Investment

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<b>Options</b> (per person) Qty			Value Plus Rate Register and pay by 14 October		Super Saver Rate Register and pay by 28 October		Early Bird Rate Register and pay by 10 November		Standard Rate	
Workshop		\$2195 + GST = (\$2414.50)		\$2295 + GST = (\$2524.50)		\$2395 + GST = (\$2634.50)		\$2495 + GST = (\$2744.50)		
Discounted off standard rates :		Save up to \$300		Save up to \$200		Save up to \$100	All Pri	All Prices listed in Australian Dollars		
Group Discor Availa	unts	<b>10% off</b> <b>Standard Rate</b> Team of 3 - 4	<b>15% off</b> <b>Standard Rate</b> Team of 5 - 7	20% off Standard Rate Team of 8 - 9	25% off Standard Rate Team of 10+			FOTAL ncl GST		

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#### 🚍 Payment Details

Credit Card	Credit Card Details - Please charge my credit card for this registration: Card Type  Visa  MasterCard  American Express	Electronic Funds Transfer (EFT) Please transfer funds directly to: —— Westpac Account Name: Liquid
Cheque (payable to Liquid Learning Group Pty Ltd)	Note: 2% surcharge applies to American Express payments	Learning Group Pty Ltd BSB: 032 002
Electronic Funds Transfer  Please invoice me:	Card Number	Account No: 407 273 SWIFT Code: WPACAU2S
Purchase Order No. #	CVV Full Name as on card	Amount
	Cardholder's Contact Number Signature	Please quote ref EADI1221A - O and registrant name
Ø Authority	Authorising Manager's Deta	ils: This registration is invalid without a signature
Name	Position Phone	

#### Email this form to: registration@liquidlearning.com.au or Call us on: +61 2 8239 9711

Signature

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Date

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