

Circular 038:08:13



To: Junior Coordinators
Chief Instructors
Club Secretaries
M&LD Executive
Lifesaving Operations Executive

Club Presidents
Club Captain
FLN participants
Aquatic Sports Executive
Council of Lifesaving Clubs

From: Membership & Leadership Development Department

Date: 28 August 2013

Subject: **Female Leadership Network: Session 3 Preview**

Action: Registrations close Friday, 20 September 2013

For additional details on this Circular please contact:

Kate McLauchlan on 03 9676 6945 or email kate.mclauchlan@lifesavingvictoria.com.au

Circulars are available at www.lifesavingvictoria.com.au/circulars

The 3rd session of the LSV Female Leadership Network will be held on Thursday, 26 September 2013 from 6:30pm at Life Saving Victoria - 200 The Boulevard, Port Melbourne. Duration: 6:30pm – 8:30pm (approximately)

Session 3 will be another engaging and inspiring workshop, encouraging participants to explore their own personal values across a broad range of life areas, whilst being exposed to interesting philosophies on goal setting and be provided with simple tools that they can utilise for long term benefits.

This session is open to all females in the LSV Female Leadership Network, who are looking to enhance their own personal profile, network with likeminded females and further develop their leadership potential.

About the LSV Female Leadership Network

The Life Saving Victoria Female Leadership Network is open to all Females 18+ within the movement including staff and volunteer members from all roles and facets that have a genuine interest in networking, personal growth and professional development.

The objectives of the network are:

- to enhance the development of our female leaders and our future leaders
- create an environment that encourages socialisation and positive relationships between female participants
- encourage further involvement and opportunities for females in the lifesaving movement
- develop leadership skills through a variety of activities, keynote speakers and networking events
- provide the opportunity to develop new networks within lifesaving
- provide the opportunity to develop broader professional networks that extend beyond lifesaving and into professional industries and everyday life
- partner with other areas of lifesaving to encourage collaboration across all areas of the movement
- provide mentoring opportunities to female leaders within lifesaving

Networking, mentoring and workshop events are planned to take place throughout the year.





Session 3 - Thursday, 26 September 2013 – Life Saving Victoria

“Getting the Balance Right” - Keynote Speaker – Matti Clements

Session Details:

The 3rd session of the LSV Female leadership Network will held on Thursday, 26 September 2013 from 6:30pm at Life Saving Victoria - 200 The Boulevard, Port Melbourne.

Duration: 6:30pm – 8:30pm (approximately)

The 1.5 hour interactive workshop will take participants through the process of identifying values across a broad range of life areas, prioritizing the areas that are most important to them and finally examining how effectively they are living by those values today.

This session will explore the following:-

- Encourage participants to focus on personal values and use these values to work towards goals
- Be clear about the goals and the realities that exist between the current and future self

The session will kick off at 6.30pm, with drinks and nibbles served in the bar, with additional time to network upon completion of the workshop.

Presenter: [Matti Clements](#)
Director & Senior Psychologist
Mental Edge Consulting Company

Matti is currently the Culture, Leadership and Wellbeing Manager at the St Kilda Football Club and is also responsible for the development and delivery of a variety of wellbeing and performance programs for the Melbourne Vixens, Tennis Australia and Cricket Australia. She works with sporting organisations like Netball Australia and Australian Cricket Association in creating strategic frameworks that optimise the wellbeing and performance of athletes, coaches, officials and support staff.

Previously, Matti was Manager of the AFL Players Association Wellbeing Program and was a Senior Psychologist at the Australian Institute of Sport (AIS). She has also worked with the Adelaide United Football Club, Adelaide Lightning WNBL, Queensland Academy of Sport Triathlon Program, Victorian Spirit Cricket Team and Victorian Institute of Sport Women’s Hockey Squad. Matti is a registered Psychologist and a member of the Australian Psychological Society.

Life Saving Victoria through sponsorship from the Australian Sports Commission and Sport and Recreation Victoria will cover the cost of participation for all females in the network.

Please click here to register for session 3:

<https://lifesavingvictoria.wufoo.com/forms/lsv-female-leadership-network-session-3/>

REGISTRATIONS FOR SESSION 3 CLOSE ON FRIDAY, 20 SEPTEMBER 2013

