

# Circular 141:01:15



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**To:** Junior Coordinators  
Chief Instructors  
Club Secretaries  
Aquatic Sports Executive  
Club Presidents  
Club Captains  
M&LD Executive

**Cc:** All Members

**From:** Membership & Leadership Development Department

**Date:** 14 January 2015

**Subject:** **Female Leadership Network: Play to Your Strengths – Setting Your Personal Direction**

**Action:** Registrations close Tuesday, 10 February 2015

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For additional details on this Circular please contact:

Aileen Traynor on 03 9676 6945 or email [aileen.traynor@lsv.com.au](mailto:aileen.traynor@lsv.com.au)

Circulars are available at <http://www.lifesavingvictoria.com.au/circulars>

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## FLN Session 11 Thursday, 12 February – Life Saving Victoria

“Play to Your Strengths: Setting Your Personal Direction” - Guest Speaker: Jan Elsner

**Session Details:** The 11<sup>th</sup> session of the LSV Female Leadership Network and first session for 2015 will be held on Thursday, 12 February 2015 from 6:30pm at Life Saving Victoria - 200 The Boulevard, Port Melbourne.

Duration: 6:30pm – 9:00pm (approximately)


***Goal attainment provides relief.....not happiness or even success!***

**- Tal Ben-Shahar 2002**

It's that time of year, thinking about our future, our personal plans, and our personal goals. Yet goals are not sufficient for fulfilment, even if we achieve them all, which we rarely do!

In this interactive workshop, Jan will help you think about your strengths, what drives you and makes you feel alive and satisfied, as opposed to just 'happy'. You will understand how strengths and 'mindset' contribute to your life, career and leadership success.

During the session, Jan will explore the following themes:

- Identify your strengths: what energises and engages you?
  - Stretching your strengths rather than overcoming weaknesses will bring your dreams and ambitions to fruition. Set some strengths-stretching ambitions.
  - Mindset matters: set your mind for success. Understand the mental state required for success and how to build it. Identify your sweet spot: where your character and capability connect and drive personal success.
  - Set some personal intentions to work in your sweet spot, play to and stretch your strengths to build both success AND satisfaction in 2015 and beyond.
  - Make a commitment to a single and immediate goal for yourself as you leave the workshop.
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- A decorative graphic at the bottom right of the page, consisting of a series of overlapping, curved lines in blue, yellow, and red, resembling a stylized wave or a ribbon.



**Presenter: Jan Elsner**

Jan Elsner is internationally recognised for her women's leadership development and coaching, combining the latest academic research in the fields of Neuroscience, Appreciative Inquiry, Positive Psychology, Mindfulness, and Positive Organisational Scholarship. She brings wisdom from her own extensive business and leadership experience in a career that has focused on leadership, talent and individual and organisational performance and has worked with clients in Australia, UK, and China and with leaders with Asia-Pacific and Global roles.

Jan has a special ability to deeply connect with senior people, comprehend the complexity of their professional situations, and support them in their challenges and goals. Jan provides executive coaching with a focus on 'performance, potential and purpose' and 'success and satisfaction'. The approach is 'strengths-based', to maximise clients' strengths, stretch performance, ignite ambition, build confidence and satisfaction, set career and life agendas, and fulfil potential.

Jan is a Registered Psychologist; has hosted and taught in Australia with local and international thought leading academics; has been an invited and selected speaker at numerous International and Australian Academic, Professional and Women's Leadership conferences, organisation and events; is adjunct faculty on the Certificate for Appreciative Inquiry Certificate in Positive Business and Society Change for Case Western Reserve University, Weatherhead School of Business, in Australia, Member of the Australian Institute of Company Directors; Member of the Academy of Management (International); Member of the Australian Psychological Society; Member of the Cognitive Neuroscience Society and is currently studying a Postgraduate Certificate in Interpersonal Neurobiology at Portland State University.

For more information about Jan and her work, please go to: [www.positiveleadership.com.au](http://www.positiveleadership.com.au)



**About the LSV Female Leadership Network**

The LSV Female Leadership Network (FLN) 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.

**For further details about the FLN:**

<http://www.lifesavingvictoria.com.au/www/html/1831-female-leadership-network.asp>

**This session will cost \$15 for LSV FLN members and \$25 for guests and non-FLN members. Light refreshments will be served prior to commencement of the session.**

Already a member of FLN? Please click here to register for session 11:

<https://lifesavingvictoria.wufoo.com/forms/s2amskk00o1v2m/>

Please click here to join the Female Leadership Network and receive updates on new opportunities:

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

**REGISTRATIONS FOR THE NETWORK AND SESSION 11 CLOSE ON TUESDAY, 10 FEBRUARY 2015**

