

# 2020 Women in Tax Online Series

3.5 CPD hours



## *Reset your mind for positivity and progress*

To be our best selves, professionally and personally, the ability to not only adapt to change but to see it as an opportunity to thrive and grow is vital. This has never been truer than it is in today's rapidly shifting world.

Resilience, positive reappraisal, a growth mindset – whatever name you give it, in the end it's a simple idea: through effort, mental strength and adaptability we can achieve the best outcomes in our work and lives.

Simple, but not always easy.

The insightful sessions featured under our Women in Tax banner will provide you with professional strategies and practical examples of how to build a reservoir of mental strength and to respond with integrity and positivity in times of change or crisis.

## *Topics and Speakers*

### *Part 1: Compassion and courage - when life throws curveballs*

#### **Panel Members:**

- Sara Harrup, CEO, Foodbank QLD
- Maryanne Larkin, R U OK?
- Lucas Patchett OAM, Co-founder, Orange Sky
- Camilla Schippa, CEO, The Social Outfit

### *Part 2: Gratitude and Resilience: ancient strategies for the modern world*

**Speaker:** Jo Flynn, Leadership Development Specialist, The Leadership Circle

### *Part 3: How to Increase your AQ – your Adaptability Quotient*

**Speaker:** Sandra Wood, Founder & Managing Director, Great Managers

#### **2020 schedule**

Friday, 23 October\*

Friday, 30 October

Friday, 6 November

#### **Session details**

Time: 11:00am – 12:00pm AEDT

\*Part 1 webinar time: 11:00-12:30pm AEST

Online

#### **Register now:**

[taxinstitute.com.au/WIT20](https://taxinstitute.com.au/WIT20)

For event queries please contact:

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Women in Tax

# Program

Date / Time	Session	Presenter
<b>Friday, 23 October</b>  <b>11:00am - 12:30pm AEDT</b>	<b>Part 1: Compassion and courage - when life throws curveballs</b>  The power of the human spirit and its capacity for courage and resilience is never clearer than in the midst of personal tragedy.  Hear from our panel of leading social activists as they delve into the powerful stories of how they and their organisations respond to difficult circumstances with kindness towards themselves and others.  Learn how connection, support and personal resilience has allowed them to make positive steps in their own lives whilst also considering others.  Our panel will share personal tips for drawing on reserves of mental strength in your own life, or when called upon to display compassion, courage and kindness to the broader community.	<b>Panel Members:</b>  <b>Sara Harrup</b> , CEO Foodbank QLD  <b>Maryanne Larkin</b> , R U OK?  <b>Lucas Patchett OAM</b> , Co-founder Orange Sky  <b>Camilla Schippa</b> , CEO, The Social Outfit
<b>Friday, 30 October</b>  <b>11:00am - 12:00pm AEDT</b>	<b>Part 2: Gratitude and Resilience: ancient strategies for the modern world</b>  When we feel run down, tired, frustrated and anxious ourselves, it seems counter-intuitive that giving energy to someone else will result in anything other than more exhaustion. However, history teaches us that the opposite is true.  There was a time in recent history when the rituals of gratitude informed nearly all aspects of human life. To be grateful is a powerful, active response to a world that often feels anything but great.  When we act with a direct and authentic expression of Gratitude, it is as nourishing in the giving as it is in the receiving. Giving thanks to a work colleague can be another task on the to-do list, or an act of genuine service to the wellbeing of another.  Gratitude from this deeper reservoir is the gateway to resilience. In this experiential workshop you will: <ul style="list-style-type: none"> <li>– Explore the myths and traditions of Gratitude practices, from sacred to corporate,</li> <li>– Learn 3 guided exercises that are critical to any resilience practice,</li> <li>– Unpack the obstacles and benefits of regenerative acts, and</li> <li>– Gain practical tips for tracking new habits until they become part of your DNA.</li> </ul>	<b>Jo Flynn</b> , Leadership Development Specialist  The Leadership Circle

# Program (continued)

Date / Time	Session	Presenter
<b>Friday, 6 November</b>  <b>11:00am - 12:00pm AEDT</b>	<p><b>Part 3: How to Increase your AQ – your Adaptability Quotient</b></p> <p>The need for Adaptability has never been greater than it is now. The ability for people, teams and organisations to adapt to changes in their environments, to stay relevant and avoid obsolescence, is a defining characteristic that can determine success or failure.</p> <p>In leadership IQ and EQ are important, and AQ, or Adaptability Quotient, is now something that is becoming increasingly urgent and a much higher priority as more and more leaders are experiencing constant change in their organisations, industries and the world.</p> <p>The challenge for us in increasing our AQ is that it requires us to go against our natural instincts and preference for that which is known, stable and comfortable. People with high AQ enjoy the challenge of working with uncertainty, in navigating the unknown. When you think back on how well change processes normally go in organisational life you realise that most people don't adapt well.</p> <p>But it doesn't have to be that way! AQ is a skill that can be increased if you know how.</p> <p>In this engaging and practical presentation Sandra will share the:</p> <ul style="list-style-type: none"> <li>– 3 Elements of Adaptability,</li> <li>– Foundation skills required to increase your AQ, and</li> <li>– 4 steps you can take that have been proven to increase AQ.</li> </ul>	<p><b>Sandra Wood</b>, Founder &amp; Managing Director Great Managers</p>



# Speaker profiles

**Jo Flynn** is a Leadership Development Specialist who has spent 20 years delivering change frameworks and methodologies to teams and organisations across most industry sectors in the Asia Pacific region. Having developed a unique change-approach she founded a successful consulting firm in 2000, providing residential immersion workshops, executive coaching, and culture transformation interventions. Currently, her interest is in helping women show up in their work with authenticity and presence. Being comfortable with a brand that honours the great gifts that women bring is a critical part of any professional strategy.

**Sara Harrup** is the CEO of Foodbank QLD. She has worked as a CEO and senior executive in multiple industries including education, insurance & risk, healthcare, community and family business. Many would describe her career path as one that looks extremely broad and meandering, but to Sara there have been common threads that have led her to make purposeful decisions about the organisations she commits to. Organisational complexity, a service orientated mission and organisational potential are things that have drawn Sara to all her roles. As a CEO who can bring strategy, direction and action to complex situations and organisations, Sara thrives on helping organisations find a pathway to success. Sara's early background in adult learning and development and her keen understanding of the drivers of human behaviour have seen her transform many organisations and position them for growth. Sara has led many organisations through turbulent times and draws on her commitment to organisational purpose to traverse difficult territory. Sara is also an accomplished company director, lending her experience and expertise to organisations in the not for profit sector.

**Maryanne Larkin** is the wife of Gavin Larkin, founder of RUOK?. R U OK? started in 2009, and is a national suicide prevention charity dedicated to encouraging and empowering everyone to ask, "Are you OK?" of anyone struggling with life. In 2011 Gavin lost his battle with Non-Hodgkins Lymphoma and two years later Maryanne lost their son Gus to brain cancer. Along with daughter Josie (19yrs) and Van (14 yrs) Maryanne continues to carry the R U OK? conversation and message. Maryanne Larkin's life is a story of loss, love and resilience can teach us all how to survive and even thrive

**Lucas Patchett OAM** is the Co-Founder and Managing Director of Orange Sky - the world's first free mobile laundry service for people experiencing homelessness. Lucas plays a critical role in the strategic direction of Orange Sky. Working closely with Deloitte, Lucas developed a framework for how Orange Sky measures and articulates their social impact and efficacy of services. Alongside storytelling, this framework has become the cornerstone for how Orange Sky tracks its value internally and communicates the value Orange Sky adds to the entire community to come.

**Camilla Schippa** is the CEO of one of Australia's most creative and celebrated social enterprises, The Social Outfit. The Social Outfit is a fashion label with a difference, created to provide employment and training in the fashion industry to people from refugee and new migrant communities. Camilla not only leads all of The Social Outfit's operations, she also supports her employees by mentoring and guiding them to better integrate in Australia. Prior to leading The Social Outfit, Camilla was the founding Director of the Institute for Economics and Peace (IEP). For over 10 years she was responsible for managing IEP's research agenda, vast communication campaigns, fundraising and management processes from its start-up phase in 2009 until May 2018. Camilla led the yearly development of the Global Peace Index and the Global Terrorism Index and the establishment of IEP's offices in Australia, North America and Europe.

**Sandra Wood** is the Founder & Managing Director of Great Managers. Prior to becoming a consultant Sandra had extensive Human Resources and Organisational Development experience and held senior management positions in both the private and public sectors. Her combination of commercial and people skills built up over more than 20 years is backed by her qualifications in Adult Education, Human Resources, Management and Executive Coaching. Since 2001 Sandra has been running her own leadership and management consultancy and has become the advisor CEOs and business owners turn to for advice on how to improve the leadership capability and people management skills in their organisations. She is well known as an expert facilitator, trainer and coach with a wide range of clients from the private, public and NFP sectors.



THE TAX INSTITUTE

# 2020 Women in Tax Online Series

## Registration form

41210 | [WD]

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### 1 Registration

Please select your registration type:

	Member	Non-member
<b>Full series registration</b> (Includes all 3 webinars)	<input type="checkbox"/> \$195	<input type="checkbox"/> \$255
<b>Individual webinar</b>	<input type="checkbox"/> \$75 per webinar	<input type="checkbox"/> \$95 per webinar

Please indicate your individual webinar selection/s:

<input type="checkbox"/> Part 1: Fri, 23 Oct 41211	<input type="checkbox"/> Part 2: Fri, 30 Oct 41212	<input type="checkbox"/> Part 3: Fri, 6 Nov 41213
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For event enquiries, please contact Sara Simpson on 08 8463 9406 or [sarasimpson@taxinstitute.com.au](mailto:sarasimpson@taxinstitute.com.au)  
1 CPD hour allocated for each session. CPD hours will be allocated to the designated attendee.

### 2 Delegate contact details

If your member details are up-to-date, you can skip this section

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☐ Please tick this box if you do not wish your name to be included on the delegate list provided to all attendees for networking purposes.

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