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#IOW MAY



## DEVELOPING STRENGTHS – HARNESSING SUPERPOWERS TO IMPROVE ENGAGEMENT AND CONFIDENCE

We invite you to please join us for the next Importance of Women breakfast with Beck Melville. In this session Beck will help you identify your strengths and understand how to intelligently harness these neurological superpowers (rather than underplaying or overplaying them) at work for yourselves and others to improve engagement and confidence.

Beck's greatest hope is by sharing the Science of Wellbeing, she can have a positive impact on individuals and teams who can in turn affect positive and sustainable change within their organisations. Her unwavering belief that small actions can have big impact combined with her personal mantra of 'be happy, be kind, be grateful' are apparent in her work and evident in the way she turns up.

During the session Beck will use the free VIA Survey ([www.viasurvey.org](http://www.viasurvey.org)) to help participants identify their strengths. ***Please complete the self-survey before the event.***

*"Work should be a place where you have the opportunity to develop your strengths, do the work*

*you love, connect with others and make a contribution to this world.”*

## EVENT DETAILS

- **Date:** THURSDAY, 16th May 2019
- **Time:** 7:30am – 8:45am (to be seated for a 7:45am start)
- **Venue:** ANZ Centre, 833 Collins Street, Docklands
- **Cost:** \$45.00 (\$20.00 for members of Vic ICT for Women, ACS and PMI Melbourne Chapter)
- Light refreshments provided on arrival

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## ABOUT BECK MELVILLE

Beck is an experienced facilitator, speaker, coach and leadership consultant. With a professional career that includes executive roles in structured finance, telecommunications and not-for-profits in Australia and South Africa, Beck has witnessed firsthand, the difference authentic, emotionally intelligent leadership can make when trying to achieve measurable improvements in leadership effectiveness, employee engagement, wellbeing and bottom line results.

Using the latest research from the fields of positive psychology & neuroscience, Beck seeks to support and equip individuals, teams and organisations with practical, evidence based tools and strategies that enable them to flourish.

She holds a Masters of Applied Positive Psychology from the University of Melbourne, an undergraduate in Commerce and is accredited in world class Emotional intelligence and Strength based diagnostics.

Kind regards,



**Caroline Staink amph** - IOW Program Lead



**Pritida Vinod** - IOW Deputy Program Lead



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