

RESET 2022

PLAN YOUR NEW YEAR WITH
REFLECTION, STRUCTURE
AND SUPPORT

Interactive Planning Session
Wednesday, 2nd February 2022, 12-1:30 (Melbourne) AEDT

WORKBOOK

© Jessica Schubert – info@intactteams.com – 0490 072 779

WELCOME!







Tomorrow is the first blank page of
a 365-page book. Write a good one.

Brad Paisley

”

Welcome to RESET, our 90- minute planning session to set yourself up for success in 2022. Resetting and starting something new requires reflection on the old, what we have learned and what serves us. Successful future planning also means knowing how to set goals and how hold ourselves accountable. In this interactive session I will help you to take a hindsight view on 2021 and set yourself and your teams up for success in 2022.

The workshop is facilitated on Zoom. For you to get the most out of the session, here are some tips, tricks and house rules:

-  Chose a location with minimal disruption
-  Ensure you have stable internet
-  Sign in through the Zoom link just before start time
-  Mute yourself (bottom left) when you are not speaking
-  Have your camera on (bottom left) and have good light
-  Have your workbook ready to take notes

I will give you all the frameworks, insights, stories and exercises you need. But it is up to you to make the change and put in the work. I have crafted this workbook for you to prepare for the session and to write notes during the workshop. So, take a pen and invest your time and soul because you get out of this, exactly what you put in.

Enjoy the session!
Warm regards,
Jessica

PRE-WORK

What a year last week has been!

It feels like 2021 has gone faster than any other year, and whilst (again) having been in lockdown for what feels most of it, a lot has happened and changed too.

So many people tell me 2021 was even harder than 2020 and they feel exhausted, depleted, frustrated, overworked, burnt out and in need of a reset.

I totally get it and now is a perfect time to plan for our new year. But first we have to reflect on last year to be able to make future plans. We have to know what has impacted us and what we have learned. Otherwise, some of our challenges remain unsolved and 2022 ends up being too similar to the year that's been.

Take some time and journal, either in this workbook or grab your personal journal and take 2021 in hindsight. Here are some questions I would love for you to reflect on before the session:

What has been your biggest challenge? Feel free to name more than one.

What has been something you enjoyed?

What have you learned about yourself?

What have you learned about others?

What have you changed already?

What do you want to take into 2022?

What are you planning on doing differently in 2022?

How are you organising your work structure and lead your team? What does flexibility look like for you and your organisation?

What do you need to do to be happy AND productive in that world?

What is your first step and who will support you?

WE SPECIALISE IN PEOPLE AND BUSINESSES REALISING THEIR POTENTIAL

I often get asked 'Why do you do what you do? Why coaching and developing people?' The answer is easy: I care! And I am curious. But I am also really passionate about business.

Helping businesses grow, operationally as well as in business development always has been front and centre of what I do. The services industries I've worked in gave me substantial exposure to business leaders from all around the world.

In 2013 I decided that coaching teams and leaders is what I want to do for the rest of my life. I am passionate about helping people reaching their potential and transform business. I love what I do and I am exceptional at it. It's time to spread my wings and help people realise their potential, one leader at a time.



AUTHOR

In LEAD THE FUTURE, author Jessica Schubert reveals the 12 skills necessary to lead well in a rapidly changing and inconstant world. Jessica leverages her expertise in power dynamics and organisational complexities, and blends it with proven leadership models, coaching theories and adult learning principles.

SPEAKER

Jessica a sought-after international speaker for conferences, online events and team off-sites.

With over 25 years of corporate experience leading large teams across Europe and Asia Pacific, Jessica understands all facets of leadership. She draws on her experience of dealing with power dynamics and organisational complexities and blends it with proven leadership models, coaching theories and adult learning principles.



Find me on



www.intactteams.com



jessica@intactteams.com



[linkedin.com/in/jessicaschubert](https://www.linkedin.com/in/jessicaschubert)



[Instagram.com/_jessica_schuber](https://www.instagram.com/_jessica_schuber)



[facebook.com/Jessica-Schubert-100682318192080](https://www.facebook.com/Jessica-Schubert-100682318192080)

OUR SERVICES

LEADERSHIP DEVELOPMENT PROGRAMS



Leaders are under pressure in a disrupted and fast changing world of work. Team engagement is at an all-time low and organisations struggle with retaining staff.

While we are restructuring our workplace models, we need to equip our leaders with skills and tools that matter now in a quest to support their teams and lead change effectively.

We design and facilitate leadership programs for intact teams and corporate groups to help develop these skills.

ONLINE COURSES



Designing and delivering live online programs has always been part of our portfolio. These research-based and engaging sessions can be delivered as stand-alone modules or as part of a more holistic program.

Our facilitators role model excellence in live online delivery and participant engagement using Zoom and other virtual collaboration platforms.

*All workshops can also be facilitated face-to-face.

EXECUTIVE COACHING

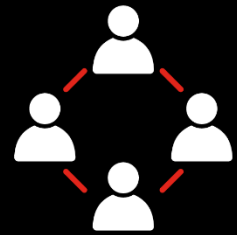


"It gets really lonely when you become a senior leader. I feel like I support everyone else in my team and make decisions for the organisation but have been neglecting my own development."

This is a comment we hear all too often from leaders. Career growth means more responsibility, making larger decisions and leading bigger workforces. You move from subject matter expert to influencing and mobilising stakeholders.

Executive coaching provides space for leaders to hit the pause button, reassess, make decisions, commit to new actions and move forward with clarity. The one on one facilitated conversations utilise reflection and dialogue that enable people to maximise their own potential to realise change.

TEAM COACHING



In a world impacted by disruption, globalisation and competitive markets, organisations can't rely on high performance from a few leaders. They must develop and mobilise people on every level of the business.

Engagement has been identified as the main driver for performance and growth. There needs to be greater focus on how well teams perform, not just individuals.

Intact Teams specialises in working with teams to re-energise, refocus and create collective habits of success. Through open dialogue, reflection and feedback, we enable teams to achieve their goals.

Find me on



www.intactteams.com



jessica@intactteams.com



[linkedin.com/in/jessicaschubert](https://www.linkedin.com/in/jessicaschubert)



[Instagram.com/_jessica_schubert](https://www.instagram.com/_jessica_schubert)



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