

Education Program – Women in Association Leadership Retreat 2023

Wednesday 17 May 2023		
9.00 am	Welcome and setting the scene	
9.30 - 10.30 am	<p>Panel of leader’s discussion</p> <ul style="list-style-type: none"> - Three prominent female association CEO’s share their journey, barriers to success, things they would tell their younger selves and opportunities for the future. 	
10.30 am	<i>Morning Tea</i>	
11.00 am – 12.00 pm	<p>Your Association Career</p> <p>In facilitated pairings you will explore your Association career – past, present, and future and prepare exploratory questions, and points for reflection to take into tomorrow’s facilitated workshop.</p>	
12.00 – 1.00 pm	<i>Lunch</i>	
2.00 – 4.00 pm	<p>Continue conversations and reflections with fellow participants as the afternoon is dedicated to building connections with immersive experiences in the region. Choose between:</p> <p>Exploring your creativity at the Social Scent Company candle making workshop.</p> <p>Discovering the history and culture of Greytown on a walking tour</p> <p>Stepping outside your comfort zone at the Greytown Honey Beekeeper and Honey experience</p>	
4.00 pm	Return to hotels and free time prior to dinner.	
5.30 pm	<i>Dinner & Activity</i>	

Thursday 18 May 2023		
8.30 am	Travel to workshop location as we prepare for a day of leadership and self-discovery with Lisa O’Neill	
9.0 - 10.30 am	<p>Female leadership challenges Examining the many roles in your world. How to juggle a career in leadership with the emotional leadership of family</p> <ul style="list-style-type: none"> • Identify the different roles you have personally and professionally. • How well do you currently manage your roles on a day-to-day basis - what is impacting you positively, and what is impacting you negatively. • What can you change at home to support your career. • What can you change in your career to support you at home. 	Lisa O’Neill
10.30 am	<i>Morning Tea</i>	
11.00 am - 12.30 pm	<p>Learn to make yourself a priority Self care is way more than a bubble bath! Learn to prioritise yourself so that you can do, be and have all the things YOU want.</p> <ul style="list-style-type: none"> • STOP/START/LESS/MORE - prioritising exercise. • Develop a self-care strategy that spans across your personal and professional life - what support do you need. • What are your non-negotiables? • Learn how boundaries can help you be boundless! 	Lisa O’Neill
12.30 - 1.30 pm	<i>Lunch at Palliser Estate</i>	
1.30 - 3.00 pm	<p>Manage your energy Understand the inputs required for energy. How do you get the physical, emotional and mental energy required to do everything you want, need and have to do.</p> <ul style="list-style-type: none"> • What does your energy say about you. • Identify your energy contributors and contaminators. • 10 ways to improve your energy. 	Lisa O’Neill

	<ul style="list-style-type: none"> • Planning, communication, and control - three keys to living a huge life. 	
3.00 - 4.00 pm	<p>Guest presentation from Pip Goodwin, CEO of Palliser Estate</p> <p>Pip has always loved wine but her first trip to Burgundy sealed the deal. While she was there, she decided to make wine her career. After over ten years in the corporate world as an Accountant / Management Consultant Pip took the leap doing vintages in NZ and USA followed by completing the formal part of her winemaking training at Lincoln University. Pip joined Palliser in 2004 as part of the winemaking team and over her time with us she has been involved in all aspects of the business from winemaking, sustainability, finances, sales, and marketing.</p> <p>In 2015 Pip took over from Richard Riddiford as CEO. A role she is incredibly excited about because it gave her the opportunity to build on Richard's proud legacy. The girl from Wairarapa had come full circle. In her spare time (which is limited) she loves playing sport, walking the naughtiest dog in town, or just hanging with her family and friends enjoying the amazing outdoor lifestyle in idyllic Martinborough. Pip is finally living that dream she started chasing all those years ago in Burgundy.</p>	Pip Goodwin
4.00 pm	Return to Hotels for dinner	
6.00 pm	<i>Dinner</i>	

Friday 19 May 2023

9.00 am	<p>Breakfast Session - Setting intentions and goals for the future.</p> <p>Finding your voice Speaking your truth starts with knowing yourself. What are you not negotiable on? Learn how boundaries can help you be boundless!</p>	Lisa O'Neill
10.30 am	Depart Martinborough to return to Wellington	