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Dr Pete Stebbins, PhD, is a workplace psychologist and executive coach. With many years of research and professional practice behind him, Pete has extensive experience in workforce wellbeing, leadership and team transformation projects, clinical psychology and executive and life coaching. Pete is an active and enthusiastic coach and workshop facilitator.



Resiliency & Wellbeing:

Resiliency vs Burnout: Amateur or Pro? The 7 Things You Need to Know

In this interactive workshop join with Dr Pete to discover how to prevent burnout and maximize your resilience. Dr Pete will share 7 Life Lessons from his both his personal and professional experience and you will complete your own wellbeing plan so you can maximize you resiliency and prevent burnout. Formats Available: 2 Hr, Half Day

Complimentary book* *'Surviving & Thriving Amid The Waves of Life'*

Work/ Life Balance & Life Strategy

Life Strategy: Escape The Work/Life Balance Myth & Live Your Dreams

This interactive workshop will get you focused on developing your own Life Strategy. Using the Life Strategy Framework Dr Pete takes you on a step by step journey to understand your personal legacy, dreams, goals and specific action plans for each of the four life quadrants (work, play, relationships and friends and family). Formats Available: 2 Hr, Half & Full Day

Complimentary book* *'Living The Endless Summer'*

Workplace Leadership & Teams

Why High Performance Teams Fit In AND Stand Out!

High Performance Teams maximize individual and team Achievement and Engagement through simple strategies addressing 4 specific KPIs. In this workshop Dr Pete introduces the High Performance Teams Framework and leads the group through interactive discussions on why teams fail and how to implement the 4 success KPIs to promote High Performance with your team. Formats: 2 Hour, Half & Full Day AND 12 Month Team Development Program

Complimentary book* *'iTeams: Why High Performance Teams 'Fit In' AND 'Stand Out'*

Difficult Conversations: The Dynamics of Conflict

This workshop is aimed at leaders to strengthen their conflict resolution skills. Participants will build knowledge and understanding about power dynamics and unhealthy roles in conflict. They will also be able to reflect on their own leadership style in managing conflict and difficult conversations within the workplace and develop skills to defuse conflict and promote win/win outcomes. Formats: 2 Hr, Half & Full Day

Complimentary book* *'iTeams: Why High Performance Teams 'Fit In' AND 'Stand Out'*

Understanding Team Dynamics: Leveraging Differences & Diversity

In this fully interactive workshop Dr Pete takes participants on an interactive journey to identify their own workplace personality style and then a series of fun and interactive exercise to develop a whole of team profile and understand the strengths and areas of potential clashes among the team and some practical strategies to leverage individual differences to maximise team performance. Formats: 2 Hr, Half day & Day

Complimentary book* *'iTeams: Why High Performance Teams 'Fit In' AND 'Stand Out'*

Your Leadership Style: Power, Status & Presence

In this workshop Dr Pete will get participants to complete a series of interactive activities to identify their own leadership style and skill set as well as learn how to leverage their own personal power to further develop their supportive and strategic leadership skills sets and enhance their effectiveness as a leader Formats: 2 Hr, Half & Day

Complimentary book* *'iTeams: Why High Performance Teams 'Fit In' AND 'Stand Out'*

Effective Boards & Committees: Maximising Performance & Influence

Boards of Management & Committees can be powerful, strategic forces empowering and enabling greatness OR insular and stifling groups blocking innovation and growth. In this workshop Dr Pete works with Boards to progress best practice in 5 areas: 1. Individual Board Member Competencies, 2. Clarity of Board Role & Scope, 3. Effective meeting protocols, processes and score-carding 4. Effective Boardroom Dynamics 5. Effective Communication & Engagement with Internal and External Stakeholders. Formats: 2 Hr, Half & Day

Complimentary book* *'iTeams: Why High Performance Teams 'Fit In' AND 'Stand Out'*

Relevant Publication

