



NZISM | 
New Zealand Institute of Safety Management

Networking skills workshop

Thursday
26
May

Janet Hughes | High Performance Coach

6:00pm | Tauranga Yacht & Power Boat Club
90 Keith Allen Drive, Sulphur Point, Tauranga

Register \$30

An evening of personal development to build awareness, confidence, and connection.

Facilitated by high performance coach, **Janet Hughes**.
Limited seats available.
NZISM members only.



Tauranga Yacht & Power Boat Club

90 Keith Allen Drive, Sulphur Point, Tauranga

5:30pm -Arrival and finger food | 6pm Workshop | 8:30 Close

Purpose

- To gain confidence in professional interactions.
- To better understand the value of perspectives different to our own.
- To build professional relationships which foster collaboration and information sharing.
- To raise awareness of our personal responses to allow for higher professional performance.

Why are we having this time together?

- To foster closer collaboration and information sharing to help bring our shared passion for better health and safety outcomes across New Zealand, to life.
- To understand more about our own strengths and those of our professional colleagues to greater support our shared vision.
- To understand what is possible through closer connection.
- To break down conversation barriers so we can form new and useful professional relationships.

What will we do?

- Learn some new stuff about ourselves and our colleagues.
- Challenge our perspectives and gain insight into these.
- Understand where others perceive our strengths to lie.
- Learn how to express where we see our colleagues' strengths.
- Gain a deeper understanding of how open communication directly contributes to positive outcomes.

- Share our learnings
- **Remember to bring...**
- Paper
- Pen

How will the workshop run?

- Introduction
- Icebreaker
- Group work
- Perceptions – ‘we see the world not as it is but who we are’
- Card Game
- Card Game Trading
- Sharing our Strengths and how these relate to great networking outcomes
- Discussion – alignment to Vision / Goals / desired outcomes
- Capture actions and next steps

Outcomes

- To gain confidence in communication through what has been learned and experienced.
- To know ourselves, and each other better.
- To create a clear sense of purpose around how we network as a professional body.
- To build a foundation of appreciation and respect for the strengths of each NZISM member and to recognise that drawing from these will contribute to the attainment of our shared vision.

Janet Hughes

I have always been curious about people, what makes humans tick, how we respond to those around us and to our environment and certain situations. It's no wonder then that I became a coach and facilitator!

Born in the UK, I migrated to New Zealand in 2006. My career has always been customer facing, spanning banking/financial services, high profile IT recruitment in the City of London and the human side of running my own businesses, including a software development company. I trained to become a coach in 2016 and have not looked back.

Two of my notable successes are:

- turning around an almost bankrupt charity to a position of financial power and extraordinary growth, and
- coaching a ‘leadership’ client so successfully that he was able to shift his old cycle of thinking away from depression and suicidal thoughts to a place of self-love, compassion, and hope, which in turn allowed him to become an extraordinary leader.

Most recently, I have become New Zealand's first Spotlight Accredited Practitioner (www.mindflick.co.uk) which means I now have fantastic Profiling and Team Mapping tools as part of my offering. My life purpose is working with individuals, teams, or whole businesses to build a culture of empowerment and safety, where the head and heart are fully connected, where everyone can speak up and be heard and where personal and company values are lived.

The threads that bind my career and guide my life are my values: Love, Passion and Legacy – these also serve as my motivators, driving me to live the best life I can and to assist others to do the same.

I have been vegan for 5 years - my passions outside of work include my family and friends, my crazy Hungarian Vizsla, exercising in the great outdoors, and robust conversation!



Living a life that matters


JANET HUGHES
HIGH PERFORMANCE COACH