

Women in Tax

24 October 2024

The Melbourne Hotel

1 CPD hour



Managing your energy in the workplace – moving from surviving to thriving

In the contemporary landscape, individuals find themselves grappling with the pervasive challenges of feeling overloaded, overwhelmed, and simply "over it." Energy levels are easily depleted, and we spend each weekend building ourselves up once again simply to get through the next week.

It's time to put a focus on how you manage your energy. This session will explore your self-coaching strategies so you can focus on your four energy states: physical, emotional, cognitive, and spiritual. This session will cover:

- Discovering alternative practices to better your energy management
- Identifying practical self-coaching tips which incorporate new rituals and habits; and
- Recognising how and when to alter your energy states to move you from simply surviving the week, to thriving throughout it.

We will explore methods to not only provide support for oneself and others but also to transform these challenges into opportunities for personal and professional growth. Join us as we discuss practical approaches to navigate the complexities of integrating work with the rest of your life, fostering resilience, and turning adversities into advantages.

After the high tea session, you will be empowered and supported to implement Karen's strategies because each attendee will receive a copy of Karen Stein's book "*Be Your Own Leadership Coach*".

This book will fill your virtual backpack with self-coaching strategies to support your leadership of you, and support you as you lead others.

Speaker: Karen Stein, Executive Coach and International Award-Winning Author

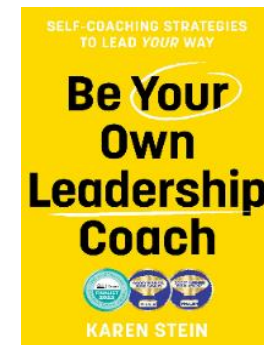
Event Details

24 October 2024

The Melbourne, 33 Milligan St, Perth WA 6000

1:00-3:00pm Registration from 12:45pm

We welcome all supporters of diversity and empowering women in the workplace no matter what your gender.



Proudly sponsored by:



Guest Speaker



Karen Stein, Executive Coach and International Award-Winning Author

Karen is a Professional Certified Executive Coach with a depth of business experience from +30 years in the professional services industry. With over 26 years as a Partner of Deloitte Karen was an R&D tax partner and commenced her second career in 2016 after completing a Master of Science in Coaching Psychology. At that time, she designed and led the Coaching Program for Women Partners for Deloitte. Karen is also a Partner faculty member of Deloitte University Asia-Pacific and co-facilitates leadership programs. Her further role is the co-leader of the Managing Menopause in the Workplace Working Committee at Deloitte. She is the author of the new book, *Be your own leadership coach: self-coaching strategies to lead your way*, (Major Street Publishing), and is a thought leader and speaker on the topics of coaching and positive psychology, inclusive of kindness in leadership, leadership impact, mental toughness and wellbeing.

“Joining the Women in Tax community has truly transformed my professional journey. This isn't just another network; it's a vibrant hub to absorb new knowledge, expand my horizons, and really stand up for diversity in our industry. Every meet-up sparks a sense of togetherness and strength. We're not just sharing insights; we're fueling a movement of unity and encouragement. It's all about lifting each other up and thriving together!”

Breanna Pearson, RSM Adelaide

For event queries please contact:

wa@taxinstitute.com.au

1300 829 338

Register

44142 | WD



Scan the code to purchase your tickets!



A tax invoice and confirmation letter will be sent on receipt of your registration. Please photocopy for additional delegates and retain original copy for your records. All prices quoted are in Australian dollars and include GST where applicable. ABN 45 008 392 372.

1 Registration

Please select your registration type:

Member	New member	Non member	Table Registration (5 attendees)	Table Registration (10 attendees)
<input type="checkbox"/> \$150	<input type="checkbox"/> \$540*	<input type="checkbox"/> \$180	<input type="checkbox"/> \$700	<input type="checkbox"/> \$1400

For more information about our Refund Policy - COVID-19, [click here](#).

Please provide table attendees' name:

- | | |
|--------|---------|
| 1..... | 6..... |
| 2..... | 7..... |
| 3..... | 8..... |
| 4..... | 9..... |
| 5..... | 10..... |

Dietary requirements:

Promotional code:

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I hereby apply for membership of The Tax Institute and declare that I am a person of good fame, integrity and character. I agree to be bound by the Constitution of The Tax Institute.

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Date of signature:

JOIN TODAY

2 Delegate contact details

Member no.: If your member details are up-to-date, you can skip this section.

Title: Mr Mrs Miss Ms Date of birth:

First name:

Last name:

Position:

Company:

Address:

Suburb: State: Postcode:

Telephone: Mobile:

Email:

Please tick this box if you do not wish your name to be included on the delegate list provided to all attendees for networking

3 Payment method

Please note: all registration payments must be made prior to the event, unless other arrangements have been made with The Tax Institute.

- Cheque payable to The Tax Institute** (in Australian dollars)
 Credit card Card type: AMEX Visa MasterCard Diners

Name on card:

Card no.: Expiry date:

Cardholder's signature:

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