

# Identity

*Developing supportive peer networks*

**Course Duration** – 1 Day

**Course Cost** – \$750 pp

**CLF level Alignment**



**MMDF Alignment**



**Prerequisite**

N/A

**Overview**

How do we define and determine who we are? How do we relate to others and develop supportive peer networks? How do we take what can be grey and confusing, and apply a framework of understanding so that we can become the best version of ourselves? Identity is the birthplace to understanding this. We need to dig into concepts about who we are, what we stand for and what we want to be known for, and then find ways to connect to others through that lens. By seeing identity as the collection of stories we tell ourselves, about our past, present and future, this workshop empowers people to create an identity that inspires them to turn up to life and work as their best self, and to connect with others to the same end.

**Who should attend this course?**

This course is for anyone who wants to explore identity through the lens of the stories we tell ourselves about our past, present and future. How to find health in each of these time states, so that we can have a healthy and robust sense of ourselves or our team and effectively to others.

**Learning Outcomes**

By beginning with a clear articulation of what identity is, this workshop leads participants to celebrate or liberate the stories of their past, connect deeply with their present state through scientifically proven methods, and to create a sense of their future sense that is compelling,

motivating and aligned to their values. It explores how to connect with others through this solid understanding of self and what makes humans tick.

### Learn About:

- ◆ The power of belief and mind-set in identity development.
- ◆ The impact of values on our identity, and how to live a life that aligns with our value.
- ◆ Creating a healthy identity by exploring the stories of our past, present and future using proven and applies techniques from psychology.
- ◆ The science of connections to others; how we are wired, and how best to operate.

### Learn To:

- ◆ Understand yourself or your team in terms of your stories.
- ◆ Find the best words to describe who you are, where you have been and where you are going.
- ◆ Understand the past and the methods of finding peace with the past events/
- ◆ Connect to the present through mindfulness and gratitude.
- ◆ Connect with others in a meaningful and sustained way as to build strong networks.

### Topics covered from the Middle Management Development Framework

- ◆ Developing supportive peer networks

### How to enrol?

[Click here](#) to download the OCPE Course Enrolment Form.

Completed enrolment forms are to be emailed to: [swpd.ocpe@nt.gov.au](mailto:swpd.ocpe@nt.gov.au).

### To find out more about this course contact:

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