



## THE HUMAN SPECIALISTS

Emotion, Cognition & Behaviour

WHO WE ARE

Incepted in 2008, PunkPD works in partnership with individuals, teams and organisations to design and deliver bespoke & dynamic personal and professional development.

Using our unique Group Coaching methodology, we create learning experiences that challenge, excite, disrupt and engage.

Our core values are energy, excellence & tenacity. Our purpose is to make life easier for people through transforming their potential into living capability.

We are for the rebel thinker who is ready for something different.

As proud winners of the 2020 National Change Maker Award, get ready for the unexpected...

### GET IN TOUCH

[www.punkpd.com.au](http://www.punkpd.com.au)  
<https://www.facebook.com/PunkPD>  
<https://www.linkedin.com/in/abbyrees>  
Inquiries and enrollments:  
[awesome@punkpd.com.au](mailto:awesome@punkpd.com.au)

WHAT PUNKPD DO

Specialising in humans, we create dynamic designs for:

- Innovative facilitation & tailored training
- Individual, Team & Relationship Coaching
- Cultural Improvement
- Education & Change Strategies
- Public Speaking



From one rebel to another...

Learning gives us  
**opportunities.**

Opportunities give us  
**choices.**

Choices give us **power.**

Be the rebel!



## PUNKPD Extensives: OUR EXTENDED SUPPORT PROFESSIONAL DEVELOPMENT PROGRAMS

Our extended programs offer the opportunity for long-term growth and support. Our extended programs:

- Build communities and networks of like-minded professionals
- Provide frequent, timely support
- Provide thought-provoking material over an extended period of time
- Keep the learning 'front-and-centre' in the brain and increases integration into practice

### REBEL LEADERSHIP

Rebel Leadership is designed for the curious leader who knows there's always more to know...

Rebel Leadership will run from April-November, 2022 and include 8 months of ongoing support and professional development. You can join at any time and enjoy self-paced access to all content.

Designed to be accessible and engaging without being overwhelming (requiring too much of a time commitment), our Rebel Leadership program provides:

- 8 months of ongoing support
- Different monthly focus topics
- New content provided each month through our PunkPD Academy which can be accessed anywhere, anytime
- Monthly live Group Coaching sessions with fellow Rebel Leaders-4th Tuesday of every month, 9-30-11:30am.

### CAREER NINJA

In our extended version of Career Ninja, you can get support when you need it to always put your best foot forward!

Career Ninja will run throughout 2022 with the first Coaching session in March. You can join at any time and enjoy self-paced access to all content.

Designed to provide support when you need it, the Extended version of Career Ninja provides:

- The option for self-paced learning through our PunkPD Academy or attend our one day intensive program in person
- Access live Group Coaching throughout 2022 held every month! This means, whenever you're ready to go for a new job, we're here to support you!
- Ability to get timely advice, troubleshoot, workshop an example, debrief on feedback you've been given, and gain oodles of confidence

Coaching sessions are scheduled for the 2nd Tuesday of every month, 3-4:30pm from March.

## PUNKPD Intensives: OUR HALF DAY AND FULL DAY PROFESSIONAL DEVELOPMENT PROGRAMS

Our expert suite of intensive programs offer powerful deep-dive into your chosen area of professional development.

### COACHING FOR HIGH PERFORMANCE COACHING & MENTORING FOR LEADERS

Become the leader others want to follow! Coaching is a core skill for developing a contemporary workforce and a powerful tool for engagement and motivation! Explore how to Coach like a total legend!

22 July

9:30-5pm

### THE NEUROSCIENCE OF TOUGH CONVERSATIONS

Want confidence to offer feedback, raise sensitive issues, or manage conflict? Learn how to confidently engage in the types of communication you'd previously avoid and empower your voice!

6 May  
26 August  
11 November  
9:30-5pm

### THE CONSCIOUS LEADER ENHANCING THE INVISIBLE SKILLS

Enhance the often invisible but incredible powerful leadership skills that lift you from good to great. Gain clarity and build intentionality in the areas you want to create impact!

1 July

9:30-5pm

### CAREER NINJA

JOB APPLICATION AND INTERVIEW SKILLS

Addressing all aspects of job applications and interviews. With brilliant tips and tools, you'll slay any fears you have and gain confidence in showcasing your very best self!

1 April  
29 July  
4 November  
9:30-5pm

### MASTERING TIME THE KEYS TO MAXIMISING YOUR ENERGY AND PRODUCTIVITY

Mastering Time addresses the concept of time through a very unique lens! Become the master of your own destiny by regaining control of your time, physical energy and cognitive capacity for ultimate impact!

24 June

9:30-5pm

### MANAGING TEAMS IN CONTEMPORARY ENVIRONMENTS

The 'distributed workforce' is the new normal. Elevate your team and empower your career with contemporary techniques for high performance in ABW, WFH and Virtual Environments!

14 October  
9:30-5pm

## CONSCIOUS INTERACTIONS DEVELOPING WINNING WORKPLACE RELATIONSHIPS

Conscious Interactions is designed to give you the critical interpersonal and professional edge! Radically enhance your capacity to understand the invisible experience of human engagement and relationships.

20 May  
28 October  
9:30-5pm

### STEPPING UP BECOMING A MANAGER OR SUPERVISOR

You've been promoted because you're awesome at your job. Managing people requires a whole new skill set. Develop tools to move from operational expert to people leader supreme!

29 April  
12 August  
25 November  
9:30-5pm

### THE MECHANICS OF CULTURE UNDERSTANDING THE INVISIBLE ELEMENTS

Through an incredibly insightful and illuminating lens, unpack and identify the invisible elements that powerfully create workplace culture. Discover how to influence, lead and shape change.

17 July  
18 November  
9:30-5pm

### STRATEGIC WELLBEING UNDERSTANDING AND AMPLIFYING WELLBEING

Wellbeing is fundamental to building and maintaining a productive, positive and purposeful life. Enjoy this science-based, no-nonsense approach to building and maintaining physical, mental, social and emotional wellbeing.

3 June

9:30-5pm

### INSIGHT

UNDERSTANDING CONSCIOUS AND UNCONSCIOUS BIAS

We all have lenses that slant our view of the world. When these remain unconscious, they powerfully shape what we see and experience. Come and gain transformative insight...if you dare!

27 May  
21 October  
9:30-1pm

### THE ABILITY IN DISABILITY RESHAPING DISABILITY AWARENESS

Learn more about humans, unpack 'disability' from multiple perspectives (and undo all the social constructs we've been raised on) and gain tips build a truly inclusive team.

19 August

9:30-5pm

### RED IN PRACTICE & THE MASTERFUL REDCO THE RESPECT, EQUITY AND DIVERSITY FRAMEWORK

PunkPD specialises in a niche delivery of both RED programs to include a real-life focus on application. We inject fun, humanity and realism into the framework.

RED:  
8 April & 2 September  
9:30-1pm  
REDCO  
August 5  
9:30-5pm