

# Rachael Robertson eVideo Program

Antarctic expedition leader **Rachael Robertson** presents 'The Edge Effect' - how to sustain change, demonstrate leadership and build resilient teams.



## Keep the Momentum Moving

Changing and creating new habits is process, If you're looking to cement new habits, keep the messages alive months post event, or provide practical tools in a format that's easy to access and share. Rachael Robertson has created a series of eVideos to support you in making sure change happens:

- Facts!**
- ▶ It takes on average 21 days to cement a new habit for an individual or team.
  - ▶ Two days following a presentation, most delegate's recall only 25% of what they heard, diminishing to less than 10% after five days.
  - ▶ 58% of adults prefer to access learning materials online or on their Smart Device.
  - ▶ Video content is more likely to be shared amongst peers and revisited multiple times.

This video program can be either emailed directly to your delegates, shared by Managers, used as a team coaching tool or posted online as part of your intranet or internal learning portal.

### How long do we have access to the program?

You have unlimited access to the videos once they have been received, so participants can revisit the tools as often as is required.

### How many people can be given access?

The price includes delivery of the video files, which can be distribute as you wish to delegates or posted on an internal intranet.

### Can we use the videos in other capacities?

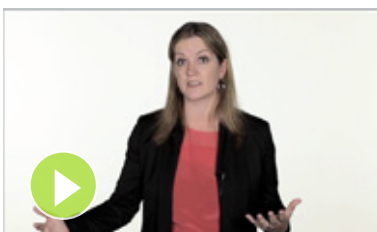
Absolutely, once you have the received the videos they are your tools to use for coaching, staff training or ongoing learning.

**The five part motivation injection covers the key topics of:**

### 1. Bacon War

Something as simple as cooking the bacon soft or crispy can escalate into a monumental issue. Learn how to deal with small issues amongst your team that are beginning to take on larger than life proportions and affect productivity. Every workplace has a bacon war.

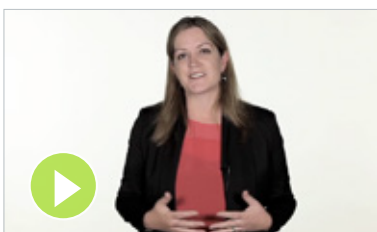
watch  
me...



### 2. Teambuilding

How do you get the best out of the team you have? Drawing on her experience of leading a group of 18 strangers for a year in Antarctica Rachael describes how to manage the many difference personality types that make up your team.

watch  
me...



### 3. Scrutiny of leadership and managing boundaries

Here Rachael discusses the importance of learning how to lead and most importantly improving on your leadership skills. Make yourself aware of the scrutiny your team can place on you by observing your behaviour and learn how to create personal boundaries.

### 4. Leading through adversity

Rachael shares some of the core principles of leading a team through tough times. Learn about how to choose your words with care and realise the impact that your reaction to situations as a leader has on your team.

### 5. Decision Making

The importance of decision making and judgement in leadership is paramount. Rachael shares how to not only make the right decision but make it the right way. Tap into your instinctual decision making style and learn when to collaborate with your team and when to just decide.