

Next Level

Leadership unleashed

2024 Information Pack



Are you ready for the Next Level?

Your journey starts here.

Next Level is a six-month leadership and governance development programme empowering women to grow their leadership and contributions in New Zealand's food and fibre sector and rural communities.

Many women face challenges or feel unsure where or how to evolve their skills to gain greater influence and impact. AWDT recognised this and designed the Next Level programme as an opportunity to help you break through barriers and gain clarity – understanding your 'why' and growing the mindset, skills and courage to lead through change and achieve your goals.

With support from experienced professional facilitators and coaches, you'll learn the theory and psychology of leadership and communication, the fundamentals of governance, and how to apply that knowledge to create real-world impact in your areas of interest.

Next Level will help you find and foster your strengths through an innovative mix of face-to-face group interaction, individual online learning, executive coaching and online facilitated group sessions. You will learn and grow alongside a group of like-minded women who will trust and support each other for the journey ahead – your 'cohort-for-life'.

Together we will support you to:

- clarify your direction
- develop deeper confidence and self-belief
- gain the tools and connections to influence and lead through change.



During the programme you will:

1. Break through internal barriers to find courage and confidence

- Develop new awareness of how you show up for yourself and others
- Learn how to silence the inner critic, become your own mentor and trust your instincts
- Plan and take action to maintain and improve your own wellbeing

2. Develop a leader's mindset

- Discover your leadership 'why' in the context of food and fibre sector opportunities & challenges
- Gain the confidence to become a change-maker

3. Find new ways to motivate and lead

- Understand and build on your leadership strengths
- Recognise (know) the leader that is you and shift it up a gear
- Motivate people and teams
- Lead in the governance seat

4. Understand and develop greater influencing ability

- How to develop real influence that facilitates change
- Pathways to external influence (understand where you want to influence)

5. Own communication skills that don't wilt under pressure


- Have the sense of freedom to express your true voice
- Listening, coaching, how to give feedback and tackle difficult conversations
- Communicate with clarity through challenges
- Learn how to tell your story

6. Connect with your tribe of like-minded, supportive women

- Learn and grow with you 'cohort for life'

7. Goal setting and action planning, including a governance CV

- Set realistic leadership goals and create an action plan to achieve them
- Governance CV and future directions



AWDT General Manager Lisa Sims and Next Level graduate Fleur Worker

Who is Next Level for?

Next Level is for women who want to develop the mindsets, skills and courage to positively influence in their community, career or business. Participants range from farmers, growers and fishers, to community contributors, volunteers and aspiring leaders and governors in the food and fibre sector.

Next Level women may be:

- already involved in leadership but wanting to be more effective within their role
- interested in leadership and prepared to step-up for the benefit of their business, industry, community and New Zealand
- involved in any food and fibre sector, including arable, horticulture, dairy, sheep and beef, deer, animal welfare, biosecurity, apiary, wine, fishing, forestry or support and professional services.

What do the Next Level Alumni say?


"I thought I was on a mission to find my "why". Actually, I had that all along, it was my "how" that needed clarity. I now see myself as a leader and endeavour to always act as a leader, using a positive voice to advocate for and influence within our industry and community."

"It has refocused me - made me consider further education, broadening my networks and being part of governance roles outside of my business."

"I didn't know this was all possible. It was a pipe dream that I was watching float by. It gave me the self-awareness to deal with confronting situations, tips and tricks on getting the best out of others and out of myself, and a clear path to do that."

"A wide range of woman from many ages and stages and sectors, but more than that it has encouraged me to form my own networks that are strong and deep."

"I am in leadership and had hit a wall. A coach had suggested I needed to learn how to influence others more. Next Level helped me do this. I feel really equipped to work with a wide range of people now and understand the importance of influence in leadership. Alongside this I now have tools I can use. It is very empowering."



2020 Graduates
Taylor McHugh,
Anna Harris,
Nikki Cameron &
Bron Anderson

About the programme

Facilitated modules

Facilitated in-person modules cover core development areas, focusing on leadership, communication and governance from a personal growth perspective.

Developing networks

Several opportunities throughout the year for you to meet, learn from and influence industry leaders and professionals.

Your cohort for life

Each programme is limited to 14 women who learn and grow together.

Coaching support

Individual coaching supports your leadership journey and aspirations throughout Next Level, helping you to identify barriers and opportunities.

Inter-module learning

Pre-module tasks support meaningful learning and stimulate thinking. Inter-module work cements learning, taking classroom theory to practical application. Self-directed online modules support your development across eight different topics. Online facilitated group sessions help keep you on track and connected as a group.

GROUP LEARNING

Module One
In-person

Cohort Zoom One
Online

Cohort Zoom Two
Online

Module Two & Graduation
In-person

INDIVIDUAL LEARNING

Pre-work
Online

Post-work
Online

Executive Coaching One
Online

**Self-directed
learning modules**
Online

Executive Coaching Two
Online

Pre-work
Online

Self-directed modules

Recognising and harnessing your strengths is the foundation for cultivating, then sustaining, your authentic style of leadership.

Next Level offers online learning modules that you choose specifically to match your leadership journey. There are three compulsory modules that are required to meet the needs of your leadership journey:

- Understanding your leadership "WHY"
- Coaching
- Governance

You can then choose up to five other online modules from:

- Self-awareness
- Confidence and assertiveness
- Personal impact
- Networking
- Your story

We recommend you aim to complete one module per month and do a minimum of two optional modules, in addition to the compulsory coaching, leadership 'why' and governance modules.

Programme fee

Your investment to take part in Next Level is \$4,500 + GST.

You may receive financial support from your employer as part of your professional development.

A minimum deposit of \$500 + GST is required to secure your place on the programme at the time of registration. If you require this to be invoiced please get in touch.

The remainder of the programme fee will be sent via invoice with payment due before module one. Payment plans are available and agreed to on an individual basis.

Next Level is a registered service with the Regional Business Partner Network and eligible participants can apply for development vouchers - you can view more information on their website:

www.regionalbusinesspartners.co.nz

**Graduates
Abby Scott and
Janine Swansson**



Dates & locations

Next Level will be held in four locations in 2024:

Christchurch

Module 1: Tue 19 - Thu 21 Mar 2024

Module 2: Tue 10 - Thu 12 Sep 2024

Hawke's Bay

Module 1: Tue 21 - Thu 23 May 2024

Module 2: Tue 12 - Thu 14 Nov 2024

Hamilton

Module 1: Tue 17 - Thu 19 Sep 2024

Module 2: Tue 11 - Thu 13 Mar 2025

Dunedin

Module 1: Tue 24 - Thu 26 Sep 2024

Module 2: Tue 18 - Thu 20 Mar 2025



Next Level
Graduates Kate
Hopkins,
Gaylene Saywell
and Heather
Gilbert

AWDT Partners

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FUTURE SHAPERS



Programme partners

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FARMERSWEEKLY

