



My home life

Australia

Leadership Support Program
2019 Information

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About My Home Life

My Home Life (MHL) is an international, award-winning, evidence based initiative. Its leadership development program has simple yet powerful frameworks uniquely tailored to the aged care context, and with broader application to disability and other human services.

It is a proven program designed to release the leadership qualities you need to adapt, build trust and inspire those you work with to achieve your organisation's goals. We are only as good as our people. Yet too many leaders are trying to 'fix' their people, without realising how shifting one's own behaviour as a leader can be a huge leverage point.

To transform your organisation you must first transform yourself. People respond to leaders who have the humility to work on themselves throughout their lives, and with expert guidance you will own your strengths and grow your leadership capacity.

By applying advanced, evidence-based leadership development tools and frameworks, you will build your capacity to create innovative, collaborative and sustainable solutions to your leadership challenges.

Participant testimonials



The My Home Life program is unique in the way it focuses on how we approach everything we do. This course is evidence-based, relationship-centred and appreciative. It also promotes leadership in care homes, highlighting the importance of positive relationships, valuing different perspectives, and fostering creativity.

Participant, My Home Life
Australia



The most powerful aspect of the program was the simplicity of it, whilst there is clearly a large evidence base to support the theories and framework, it is easily translated into actions and ideas that can be readily implemented into the workplace immediately.

Participant, My Home Life
Australia



What am I going to get from this program?

A leadership support program combining intensive workshops with monthly action learning sets designed to enable you to empower staff and develop **relationship-centred cultures**.

An appreciative approach to experiment and reflect on new approaches to practice development, whilst learning, adapting and innovating to **achieve your organisational goals**.

An immediate return on investment as you bring your work challenges to the table for a group of up to eight diverse and trusted peers to help you process and make an impact.



Program Outcomes

Learning Outcomes

At the end of the program, participants noted significant difference of their skills in the following areas:

- Resilience and stress management
- Appreciative inquiry
- Transformational leadership
- Evidence based practice
- Working in partnership
- Relationship-centred care
- Caring conversations
- Managing change and quality improvement
- Managing conflict and complexity
- Reflective practice

90%

of participants agreed they had the management and leadership skills to undertake an effective role

96%

of participants indicated that their understanding of how to improve the culture of care has increased

91%

of participants reported development of effective influencing skills (baseline 57%)

87%

of participants reported greater active involvement of residents in decision affecting them

59%

of participants report reduced hospital admissions during the period of intervention

88%

of participants reported improved quality of interactions between staff and residents



Key Dates & Information

Program Facilitators

Sue Ostojic

Executive Officer, SA Innovation Hub

Sue is an Organisational Development professional with broad experience across a range of for-profit and not-for-profit organisations. Her vision is to work with people to ensure work cultures are positive and resilient places where people are encouraged and supported to become the best they can be.

Sue is an experienced and engaging facilitator who designs and delivers adaptive, strengths based leadership programs based on positive psychology principles. Sue is excited to be part of the My Home Life initiative as a way to help organisations transition and transform to customer facing cultures and to give managers tools, skills and capabilities to lead and coach their staff through changing times.

Sarah Rhead

Advisor, SA Innovation Hub

Sarah designs and delivers transformational leadership and development programs for a diverse range of organisations, sectors and environments. Her passion is helping people and organisations to solve their problems and overcome the complex challenges they face, using their skill and ingenuity.

Sarah supports people to learn and adapt in real time, which requires openness, curiosity, experimentation and resilience.

Sarah has held leadership roles at the Leaders Institute of SA and in multiple industry sectors including manufacturing, telecommunications, the arts, automotive and fast moving consumer goods and the aged care sector.

Program Fees

\$3200 (ex GST) non-members

\$2800 (ex GST) Hub members

Program Format

Each program comprises of two modules, 6 half day action learning sessions and the graduation, roughly 9 months from commencement.

May 2019

- Module 1: May 7/8
- Module 2: June 5
- AL sessions: July - January
- Graduation: February 2020

September 2019

- Module 1: September 18/19
- Module 2: October 24
- AL sessions: November - May
- Graduation: June 2020

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