



# Relational Intelligence Retreat

5 & 6 September 2024

QUEENSTOWN, NEW ZEALAND

## Navigate your thinking to boost your professional impact and wellbeing

Educators understand the pressure that comes from working with young people, their parents, and school colleagues, while simultaneously navigating their workplace environment. And that's all while trying to live fulfilling personal lives.

Our Relational Intelligence Retreat, specifically designed for educators, has been created to help participants access the thinking, tools and support needed to develop and sustain clarity, confidence, and motivation – now and for the long term.

### What is Relational Intelligence?

Relational intelligence can be defined as “a combination of emotional and ethical intelligence, that involves the ability to be aware of and understand own and others' emotions, values, interests and demands, to discriminate among them, to critically reflect on them and to use this information to guide one's action and behaviour with respect to self and other people”.  
(Modified from Pless & Maak 2017)

The Relational Intelligence Program takes each participant through a process of identifying their deepest challenges. Through the application of three distinct thinking navigators, participants are then supported to grow from the experience of addressing their recognised challenge. This culminates in a richer understanding of themselves and their relationship with others. They also learn how to apply the 'breakthrough' thinking navigator when assisting colleagues through the inevitable challenges of their work. Through learning how to develop their own self-awareness and regulation, participants also identify how to do this for others.

The program is highly interactive, personalised, and supportive. Participants are encouraged over time to identify their patterns of thinking. They increase their levels of self-awareness, and apply the filter of kindness and acceptance to shift their self-narratives, leading to increased professional impact and wellbeing. Those taking part experience their relational intelligence through working both on their own and as part of a community of learners.

**"My expectations were met and so much more. I am very grateful to have had the opportunity to work with and meet other leaders. I took away tools to help me reflect on my behaviours and self and how I can be more mindful of this in my dealings with others in both my personal and professional life."**

- Tania, Stirling North Primary School

Gavin Grift is a highly respected international educator and the founder of Grift Education, an organisation that helps educators lead satisfying and accomplished professional lives.

Considered one of Australia's top educational authors, Gavin's clients include independent, faith-based and government education systems, high-level executives, influential corporate brands and cutting edge international schools.

Gavin's bestselling books, such as Collaborative Teams that Work, Five Ways of Being, Teachers as Architects, Transformative Collaboration and his latest book, Emerge, empower readers across the globe.



Retreat Leader  
Gavin Grift

## Personal Outcomes

The Relational Intelligence Program increases emotional intelligence by helping you to:

- Develop and sustain your self-confidence and motivation through difficult times
- Increase your levels of self-awareness and self-regulation to improve your relationships
- Use the awareness of your emotions to pivot your thoughts and actions
- Increase your levels of empathy towards yourself and others
- Learn how to maximise your impact when supporting others
- Grow an optimistic disposition when confronted with problems
- Develop a more flexible response to situations through increased self-regulation.

## Program Outcomes

- Learn the four stages of working through challenging situations
- Apply new ways of thinking to strengthen your response to difficulties
- Equip yourself with practical strategies that can be applied in high-stress situations
- Learn how to help others who may be experiencing intense difficulty
- Discover and develop seven proven dispositions critical to dealing with challenging times
- Discover ways to reduce stress and respond in calm and measured ways
- Lower the risk of harmful unintended outcomes
- Learn how to deepen your relationships with others
- Master self-control in moments that seem out of control.

# Program Outline

## Day One

### Session One: Uncover the power of the Relational Intelligence

Uncover the power of the Relational Intelligence Maps. Learn four stages for navigating challenges and how they can become the catalyst to increasing our Relational Intelligence.

### Session Two and Three: The Power of the seven dispositions

Discover the power of seven evidence-based dispositions helpful to developing our capacity for relating to ourselves. Apply new ways of thinking and doing to strengthen your response to the challenges associated in your role. Equip yourself with a shift in thinking and apply practical strategies to support your growth.

## Day Two

### Session One and Two: How do I support others?

Learn how to support others through the deliberate application of thinking, tools and strategies that grows their Relational Intelligence. Use these approaches to support people in the ongoing challenges they face to boost their professional and personal wellbeing.

### Session Three: Where to from here?

Make meaning from your learning at the retreat and prioritise your key commitments. Specify your focus for further support. Articulate and celebrate your growth!

## Your Retreat Location

Millbrook Resort is beautifully designed and compliments the history and character of the Central Otago region. Learn alongside your colleagues in spacious rooms with stunning views that surround the entire resort.

## Event Details

**Dates:** Thursday 5 and Friday 6  
September 2024

**Venue:** Millbrook Resort, Queenstown

**Cost:** NZ \$2750

**Includes:** Two nights accommodation with daily breakfast, three-course retreat dinner, catered meals during the retreat.

Participants also receive professional learning guide, maps/posters, and a copy of Gavin Grift's latest book *Emerge*.

**TO BOOK YOUR SPOT  
PLEASE EMAIL OR CALL US:**



[www.learningnetwork.ac.nz/events/](http://www.learningnetwork.ac.nz/events/)



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