

# 4QTR

## LEADERSHIP PROGRAM

BY **AFL MAX**



AFL Max's 4 Quarter Leadership Program (4QLP), has been designed by James Podsiadly, former AFL player and coach. Drawing from careers in both elite sport and start-up business, Pods has designed a unique program that brings a new perspective and approach to bettering leadership skills in the workplace.

The program is all about the how – how to be a better leader. Not the traditional why or what approach that has historically been taught in other leadership programs. The 4QL Program sets to arm participants with the tools to not only to better lead their team, but also enjoy their role as a leader.

Split into 4 quarters, the program focuses on:

**Q1**

### Me

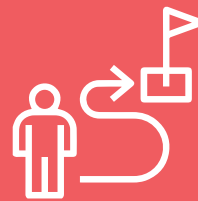
Better yourself before you can better others, apply your oxygen mask – before assisting those around you. Bring energy as a leader.



**Q2**

### Purpose

Understand the why behind what you do and how to advance it. Find your leadership why.



### Perform

Understand that setting high standards is just the beginning.



### Connect

Learn how great communication begins with connection. Build trust as a leader.



**Q4**

**Q3**

## Outcomes for Participants

- Develop important skills and strategies to lead themselves and others
- Arm themselves with tools that can be drawn on throughout their career
- Understand how improving their leadership skills can improve their health and wellbeing and impact others.



## Who is the program for?

- Businesses from any industry looking to invest in their current or future leaders
- School teachers and education leaders
- The program can be tailored for executives, management, team members or a combination
- Maximum of 15 participants per group

## Program Structure

- 4x full day workshops
- Comprised of both theoretical learning and practical team activities
- Includes program workbook
- Pre and post work for each workshop (provided by the program)
- Optional Leadership Evaluation cycle via Aleda



## Developed by:

The 4QLP has been developed by the Founder and CEO of AFL Max, James Podsiady. Pods has combined his experiences in playing and coaching elite sport with the challenges of leading a startup to develop a program that arms leaders with tools and skills to support themselves and their teams.

- CEO and Founder of AFL Max
- 104 Games of AFL with Geelong Cats and Adelaide Crows
- 2011 Geelong Premiership Player
- Assistant Coach Adelaide Crows 2016 & 2017
- Bachelor Exercise Science and Bachelor Business Management
- 15 years Leadership development and cultural facilitation experience

## Participant feedback:

*"Ahrens has recently embarked on a Leadership Development journey at AFL Max. Our Executive leaders recently came together to participate in the 4 Quarter Leadership Program. It was a huge success. Our leaders have been able to grow as individuals and as a team.*

*The program itself is professional, engaging and collaborative. Coaching in the 4-quarter leadership program has enabled our leaders to enhance their skills levels to be better leaders and to build high performing teams.*

*The return on investment applied is immediate. I would recommend this program to all organisations wanting to enhance their leadership abilities.*

*We are pleased to be rolling out the 4-quarter leadership program for all our leaders in the organisation."*

**-Phil Poole,**

General Manager – HSQE & People



To learn more about the program, pricing and what it can do for your team, connect with us at [bookings@aflmax.com.au](mailto:bookings@aflmax.com.au)