



MDM Brains Trust *for* Women Senior Leaders

The MDM Brains Trust focusses on reducing the isolation inherent in senior leadership by providing space for commercially savvy women senior leaders to share challenges, engage in structured discussion on business and people issues, build strong connections and focus on professional development.

Seniority in business is often coupled with isolation, which compromises wellbeing, decision making and subsequently, leadership effectiveness.

As organisations continue to look for efficiencies, senior leaders often find themselves juggling operational, people and strategic priorities, without effective support.

The MDM Brains Trust is a program designed to end isolation *and* support your professional development.

Program developed by



Senior leaders have unique challenges...

Do any of these thoughts ring true for you?

- I wish I had someone to bounce ideas off, someone who will challenge and stretch my thinking.
- Am I doing this right? How else could I tackle it?
- I'm spending so much time developing everyone else, I need to find some time to focus on my own development.
- Why is it so hard to manage people? Why can't they just do their jobs?
- Why won't the team give me feedback? Surely they have an opinion on how I could improve?
- The market is changing so quickly. How can I stay relevant when I'm so busy doing work?

The Value of Strong Connections

Connection is a basic human need. Research suggests that in a corporate context, socially connected women have:

- jobs 2.5 times higher in authority and pay[^]
- more promotions[^]
- greater career satisfaction#
- more chance to thrive personally and professionally~
- higher wellbeing and optimism~
- a greater buffer against depression~
- and better long-term performance throughout their career.~

What is the meaning of "Brains Trust"?

A Brains Trust is a group of unofficial advisors focused on planning and strategy.

Members can 'borrow' the brains of other trusted senior leaders to assist with professional challenges and lead professional growth & development.

Each cohort is kept to a maximum of eight, so that members have the opportunity to build quality connections, leverage the collective knowledge of the group, voice perspectives and constructively challenge in a safe environment.

Brains Trust Chair

Siân university educated in coaching psychology. She has held senior roles in HR and Organisational Development across a range of industries at the executive level.

Siân's senior leadership experience in corporate environments coupled with her application of evidence based Coaching Psychology interventions and her affiliation with The Wellbeing Lab make her uniquely placed to facilitate the Brains Trust with a focus on professional development, connection, learning and wellbeing.



How does the MDM Brains Trust work?

You will have the opportunity to build close connections with a small group of commercially savvy women senior leaders from a variety of functions and industries (maximum of eight).

Along with these women, you will attend **five structured three-hour MDM Brains Trust sessions over eight months.**

The MDM Brains Trust sessions will focus on professional development, wellbeing and performance via discussion of business, professional and personal challenges. These sessions will allow members to build strong connections through conversation and constructive challenge, on topics including trust, influence, executive presence, and leading change.

The program also includes **four individual coaching sessions** with the MDM Brains Trust Chair, Siân Mertens, during the eight-month period to facilitate and support your individual professional development needs.

Peer-to-peer mentoring is also a key component of the MDM Brains Trust. Each member will be matched with other members on a rotational basis between the meetings and engage in a structured one hour peer mentoring call.

Total Time Investment: 25 hours over 8 months
Financial Investment: \$5,295 + GST

Tax deductible OR raised as a corporate invoice.



I was fortunate to participate in the inaugural MDM Brains Trust for Women Senior Leaders that Siân developed. It was an amazing opportunity and during the 8-month program, I saw that each of us went on a unique journey of reflection and professional development.

It was a safe, open environment to connect with other leaders with diverse experience. Even as an outgoing person, the idea of "traditional networking" gives me that feeling of dread. Through the structure of the MDM Brains Trust, I met six amazing women who all came from different roles and industries. Siân quickly fostered trust in the group, allowing us to be courageous and vulnerable in sharing what was going on for us and to seek advice and support from the other members.

There are key conversations that stand out to me from the program that have - and will continue to - change my career.

Jackie H

Ready To Get Started?

Contact Siân today to discuss your interest in the next cohort.
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