Stronger people. Stronger Organisation.

SUSTAINABLE LEADERSHIP INTENSIVE
March 6th – 8th | Mangaroa Farms

ARE YOU:

- Feeling ready for a different chapter in your career?
- Balancing work and life, but sensing you could be leading with more clarity and energy?
- Wanting to move from reactive leadership to purposeful, grounded decision-making?

You don't have to choose between success and wellbeing.

Join us for a two-and-a-half-day immersive experience focused on personal and professional leadership growth. You'll gain practical tools to thrive under pressure, build sustainable habits, strengthen resilience, and return to work energised — with strategies you can apply immediately.

Grow your leadership
Explore your strengths, expertise, and leadership style. Identify assumptions and habits that support you — and those that may be holding you back.

Grow Your Team
Great leadership builds trust. Lead with purpose and create inclusive cultures where people feel valued, safe to contribute, and truly belong.

Built to Last
Turn wellbeing into a performance driver. Develop practical strategies to manage stress and stabilise your energy, tailored to your unique physiology and lifestyle.

Join us in redefining leadership resilience

Sarah Tocker
Leadership Coach & Facilitator

Sarah is known for her deep listening and practical approach. She helps leaders cut through the noise, clarify direction, and create plans that genuinely work.

www.sarahtocker.co.nz

Nir Har-Paz
Human Performance & Personalised Health Coach

Nir supports leaders to understand their energy, physiology, and performance patterns, and to build wellbeing practices that fit into everyday life.

www.nhpspecialists.com

Investment
$1550 + gst (excludes travel)

What's included:

- All sessions and materials
- Accommodation
- Delicious, nourishing kai
- FULL one month access to a personlised health App.

Location Mangaroa Farms, Upper Hutt

For further information
brenda@sarahtocker.co.nz