



# Plan Be

## Workshop program for changing yourself and your world

Feeling overwhelmed by everything? Wondering where your hope has gone? Too busy and distracted? Are you stuck? Maybe your Plan A is no longer working for you?

**Plan Be** is a two-day gentle, deep dive workshop program that helps you find the green shoots of positive change, and plant seeds of your own.

Through facilitated conversations, mindfulness practices and creative activities, you will get a fresh perspective on these disrupted times. You'll gain insights into your own power and potential. You'll learn ways to regain your balance and support your wellbeing, and develop new practices for thriving at work and life.

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### **WE'VE CHANGED THE DATES**

**Get in touch for more information**

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### About the facilitators

**Melinda Maddock** ([melindamaddock.com](http://melindamaddock.com)) is facilitator of workshops and professional learning. She is a Leadership Fellow with the Global Leadership Foundation and author of *How to Train Your Political Animal: A power handbook for changing yourself and your world*.

**Dr Lisa Schimanski** is Principal of her own consulting business, Just Beyond. She has held roles as CEO, senior manager and board director / chair over two decades. She works with boards on governance frameworks, strategy, funding portfolios and culture to support best practice.

**Contact us**

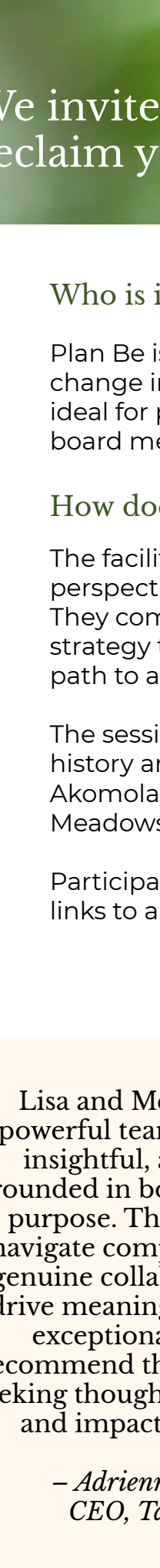
[www.melindamaddock.com/contact.html](http://www.melindamaddock.com/contact.html)

### **Day 1: Awareness**

- Understanding yourself and others through the three centres of intelligence – head, heart and body.
- Creating new habits for nurturing your emotional health and wellbeing.
- Connecting with others through deep listening and conversation practices.
- Examining our worldview and opening up to different perspectives.

### **Day 2: Action**

- Making sense of the world by seeing patterns in nature and society.
- Analysing hidden power dynamics and harnessing the potential of groups.
- Making good decisions in complex, uncertain environments.
- Practicing simple techniques for creating positive change every day.



We invite you to nurture what truly matters as you reclaim your hope and create meaningful impact.

### Who is it for?

Plan Be is a social professional program for anyone who is ready to shape change in themselves, their relationships, at work and in communities. It is ideal for people in changemaking roles, leaders and emerging leaders, board members, and anyone who is open to doing things differently.

### How does it work?

The facilitators, Lisa Schimanski and Melinda Maddock, bring a thoughtful perspective through their deep experience as leaders and changemakers. They combine their backgrounds in evolutionary botany and political strategy to create a unique experience that lifts awareness and lights up the path to action.

The sessions are highly interactive, drawing on the experience of human history and the wisdom of thinkers such as Otto Scharmer (Theory U), Bayo Akomolafe, Ruth Chang, Yuval Noah Harari, Rutger Bregman and Donella Meadows.

Participants receive a program resources pack with practical handouts and links to articles, podcasts and other materials.

Lisa and Melinda are a powerful team—strategic, insightful, and deeply grounded in both people and purpose. Their ability to navigate complexity, foster genuine collaboration, and drive meaningful change is exceptional. I highly recommend them to anyone seeking thoughtful leadership and impactful results.

– *Adrienne Picone,*  
*CEO, TasCOSS*



We value participants as experts in their own lives and we facilitate in an inclusive way that allows everyone to learn from each other, to hold serious subjects lightly, and to have a laugh.

*Lisa & Melinda*