

2026 PROGRAM SERIES

What is Sustainable Leadership Practice (SLP™)?

This is a one-day Program which meets the keen interest & objectives from Leaders on Leadership practices that successfully match today's crisis management context for Organisations across all professional sectors.

Sustainable Leadership Practice™

How to lead through increasing uncertainty, complexity and ambiguity.



Barrington Centre



THE CONTEXT OF OUR WORLD



Leaders today confront a landscape defined by *complexity, rapid change, psychological and emotional ambiguity*. One of the greatest challenges is navigating inter-connected and

unpredictable systems. Globalisation, technological disruption, climate impacts, and geopolitical volatility interact in ways that defy linear solutions. Leaders must think systemically, adapt quickly, and let go of outdated models of control.



A second major challenge is the *decline of trust*. Institutions of all kinds face growing scepticism, amplified by misinformation and social fragmentation. Leaders must earn trust through transparency, ethical consistency, and authenticity. Attributes that require genuine character rather than mere technical skill.



The *pace of change* adds further challenges. Artificial intelligence, shifting work patterns, and economic uncertainty demand decisions with limited certainty under significant time pressure. This increases cognitive load and makes emotional intelligence, resilience, and clarity essential.



Leaders also face rising *polarisation and division*. Diverse communities hold competing narratives and identities, and leading across these divides requires empathy, dialogue, and the capacity to manage contradictions and tension, without escalating conflict.



Finally, leaders must prioritise *wellbeing*, their own and that of their team and Organisation. Burnout, anxiety, and moral fatigue are widespread. Effective leadership now requires compassion, psychological safety, and steadiness amid volatility.



THE SLP™ RESPONSE BY US AS LEADERS

Addressing today's leadership challenges requires sustainable leadership practices. This begins with inner development — **cultivating self-awareness, emotional steadiness, and reflective practice.**

Leaders need to adopt adaptive, systemic thinking, drawing on diverse perspectives and collaborating across boundaries. Rebuilding trust requires transparency, consistency, and ethical action. To reduce polarisation, leaders need to show empathy, model respectful dialogue, and create

space for differing views. Finally, wellbeing needs to be treated as essential: fostering psychological safety, realistic expectations, and compassionate cultures. By integrating inner resilience with ethical, human-centred practice, leaders can respond to complexity with clarity, empathy, and purpose.

Against this background, the SLP™ program aims to support and develop a leader's inner confidence, courage and wisdom to sustain them through myriad challenges that today's world creates by working with them to:



Access their innate ability to be inspiring and compassionate leaders who act in ways that exemplify the ethics that are most important to them and their Organisation.



Aid them in sitting comfortably in the space of ambiguity, complexity and uncertainty, whilst developing intuition and intelligence about these environments.



Develop their wisdom in knowing how to apply ethics to a complex world for the mutual benefit of themselves and others, at the individual and organisational levels.



Assist them in reframing the psychological context in which they find themselves, to be more positive and life affirming.

SLP™ COURSE OUTCOMES:

- 1 Prepare future and emerging leaders to better prepare for escalating, compounding, complex and concurrent crises in Organisations and within Communities.
- 2 Develop leaders who demonstrate moral courage, ethical decision-making, and innovative solutions to create and sustain psychologically safe organisational cultures.
- 3 Strengthen and broaden the sphere of influence of leaders who can support their teams by demonstrating psychological safety through skills and techniques of acknowledging and managing negative stress and trauma experiences.
- 4 Ensure Organisations fulfill their duty of care and legal obligations for a psychologically safe workplace.

SLP™ PROGRAM FACILITATORS:



**Rhonda
Andrews**

MANAGING DIRECTOR, BARRINGTON CENTRE

Rhonda Andrews is the Founder, Principal Psychologist and Managing Director of the National Consultancy and Psychological practice, Barrington Centre & Barrington e2e, with 30 years of experience in leadership training, crisis management, team development and consequence management. Rhonda works extensively with Australia's leading and largest private and public corporations, as well as Local, State, Federal Government Bodies, NGOs, and Agencies.

Rhonda's insights incorporate a deep understanding of human nature, alongside evidence-driven methodologies. Her focus uses proven techniques to help leaders and decision makers develop confidence in skills in a myriad of environments and challenges, including:

- » Dealing with issues, crises, and stress in workplaces
- » Fostering strong leadership skills in themselves and their teams
- » Navigating complex workplace cultures
- » Learning how to use decision making frameworks to achieve better outcomes
- » Improving communication styles and understanding team dynamics

With an engaging, direct, and always refreshing speaking style, Rhonda has a unique ability to tap into the issues of the day and deliver insight driven, solution-focused presentations.



**Dr. Mark
Crossweller
AFSM**

FOUNDER & DIRECTOR, ETHICAL INTELLIGENCE

Dr Mark Crossweller has over 40 years of experience in crisis, national security, and emergency management, leading major strategic reform in governance, strategy, policy, operations, and capability.

Mark has been responsible for briefing the Prime Minister and Cabinet on disaster management, and has provided strategic policy advice on climate and disaster risk reduction and resilience.

Mark is the Founder and Director of Ethical Intelligence; Distinguished Advisor to the National Security College - Australian National University; and published Author. Mark's ongoing research interest is in relational leadership ethics in senior executive leadership within the private sector, public service, national security, and disaster management sectors.

Mark profoundly and pragmatically understands the challenges of sustainable leadership practice. He draws upon his own lived experiences as well as insights from some of the world's most influential philosophers.

Together, Mark's professional and personal experiences, together with his insights have helped many leaders sustain themselves through the best and worst of times.

SLP™ TESTIMONIALS:

"I really enjoyed sharing and discussing with others, interesting topics, great to be able to take time out for this"

"The diverse group of participants. I was a little sceptical as to whether this would work but it did and there were a lot of common themes across corporate and government"

"The opportunity to look at self in a philosophical way - that steps you through ways to shape your own leadership style"

"Did not realise how participatory it would be - really enjoyed it. The hosts were very approachable and conveyed the coursework in an interesting and memorable way"

SLP™ COURSE METHODOLOGY

Course Details:

One-day course featuring highly interactive and exploratory dialogue with two Executive Facilitators:
Rhonda Andrews and **Dr Mark Crosweller AFSM**.

Delegates:

Recommended for Leaders in Organisations across all Professional sectors - within Private Enterprise, Public Service Roles (State/Territories and Commonwealth) and NGO's.

Forums:

Cross-Organisational Forum dates outlined below.

SLP™ is also available as an in-house Professional Development Forum for Organisations:

Please contact Barrington Centre on 1300 857 363 for bookings.

Victoria March 2026

DATE: Thursday 19th March

TIMES: 9:00am to 5:00pm

VENUE: Melbourne CBD

Victoria August 2026

DATE: Tuesday 4th August

TIMES: 9:00am to 5:00pm

VENUE: Melbourne CBD

Victoria November 2026

DATE: Wednesday 18th November

TIMES: 9:00am to 5:00pm

VENUE: Melbourne CBD

AUD\$1,650 + GST

Register here 

Leader Investment:

Investment includes: pre-reading materials and resources; program workbook, one-day program facilitated by two subject matter experts, inclusive of refreshments, and continued engagement with Alumni.

Accommodation and transport are the responsibility of each delegate.

Please Note: The delegate numbers are capped per program in order to ensure a highly interactive collegiate learning environment.

Any queries, please contact **Barrington Centre** on **1300 857 363** or **programs@barringtoncentre.com**