Day 3: 20th February, 2008

**Session 1: Resilience and Personal Well-Being in Leadership**

What aspects of this session did you find most useful relevant?

- An insight into problems others face/perceive in their lives. Themes that emerged realisation probably don’t have enough sources of support in my life.
- I feel this is a really important session to cover given the range of challenges we all face!
- Interesting to hear how others look after themselves.
- Very open sharing by the participants.
- Very useful conversation and discussion. Great advice and strategies to manage work and life.
- The open discussion. Really inspiring and engaging.
- A relaxing session.
- Hearing ideas from scholar re resilience/well being strategies.
- Interesting discussion. Quite relaxing.
- Hearing other people’s perspectives and ideas.
- Covered some interesting and important ground. I fully support the need to address leadership issues or components such as emotional intelligence and emotional resilience. I think these should be a key focus of program but feel they need more time and input for the foundation to be strong enough to endure the challenges of any leadership role.
- Tips from course participants – general discussion.

Were there aspects of this session that could be improved? If so how?

- I liked being given some references eg Dave Allen book – to go and look at.
- Felt rushed? Short time frame limited the depth. Large group format limits the depth of sharing that some people will engage in.

Do you have any suggestions, recommendations or comments to make regarding this session?

- Creating a central record of people’s ideas eg writing on board.
- Should have been some free chocolate to reward us for working so hard!
- Draw out the role of the group in supporting each member – (I’m sure they will).
- Could this theme be linked more directly to the qualities/traits/activities involved in leadership?
- If you ever run similar program again perhaps consider having throughout 3 days meeting in smaller groups (some groups) that perhaps continue over the year? Such groups could become a place/forum for deeper sharing and support. I was part of a leadership/facilitation program in 2005 that did something like this over the year. It became an important mechanism for deeper support and engagement. Happy to discuss further if interested. Some of the Scholars speak more freely in the group than others? We may have missed some of the input of quieter ones because of large group?
Session 2: Plenary Presentations

What aspects of this session did you find most useful relevant?

- Useful feedback from senior managers – often applied to more than me.
- The culmination of the day being attended by our “leaders” was a great concept and demonstration of Distributive Leadership and valuable feedback.
- Gave a great overview of everyone’s project.
- Great to get feedback from senior academic from our institution and to have feedback given to all projects.
- Great to see growth in projects after 3 days. Great feedback from the DVC.
- Preparing a succinct summary of the project. Comments from senior staff were helpful.
- The pressure/opportunity to pull ideas together in a presentation incisive, useful feedback from guest reviewers.
- Getting feedback from Senior Management was very useful.
- Good to get feedback and transparency of projects with DVC

Were there aspects of this session that could be improved? If so how?

- Should advise that PowerPoint to be used for briefings.

Do you have any suggestions, recommendations or comments to make regarding this session?

- It was excellent!
- This was surprising scary! Probably because the project was still new in my mind.
- Could we have 6 mins?
- More time given to Roundtable discussion overall.
- Would it be worth getting DVC perspectives on strategies for getting experienced/senior/opinionated academics to consider new ideas.
- Allow a bit more time.

OVERALL RETREAT EVALUATION

<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>The content of the retreat satisfied¹ my expectations.</td>
<td>8</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The material was covered in sufficient depth.²</td>
<td>3</td>
<td>8</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The material presented was delivered in a manner I could understand.</td>
<td>9</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information presented was adequately explained.</td>
<td>2</td>
<td>9</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activities were useful in consolidating my understanding of the presented content</td>
<td>7</td>
<td>4</td>
<td>1</td>
<td></td>
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</tr>
</tbody>
</table>

¹ One evaluation respondent indicated that the retreat ‘exceeded’ expectations by inserting the word at this point.
² I will always agree with high levels of engagement but not all things need to be discovered? Some more didactic input with theoretical grounding would have been useful and appreciated by me.
Final Comments/Statements:

- Very well organised, with apparently infinite patience on the part of Dom. Good balance between left-brain and right-brain activities/focus.

- Thank you for a highly valuable 3 days. Valuable in “having” my focus, valuable in creating team in Wollongong, and more valuable in the overview of whole Carrick project and making linkages with other Scholars.

- There could have been a whole session devoted to planning the Roundtable.

- A huge thanks to the team for organising a fantastic retreat. The opportunity to collaborate across institutions was one of the most valuable outcomes of the retreat. The facilitators and previous scholars were an asset to the retreat. I would also like to make special mention of Margaret Wallace who provided great advice and understanding. A special thanks to Dom and Gerry for organising the retreat.

- I was quite worried about taking 3 days out of a hectic schedule at this stage of the year but it has been a really rewarding time. Knowing members of the group and being comfortable with them makes me feel the project is much more achievable.

- Well organised, good venue, informative program, very helpful in networking and refining thinking.

- Great retreat, though I felt activities were a little rushed. It has altered my perspective more than I anticipated it would. Thank you ☺️

- Venue: Good location – few distractions – isolation works for the place. Online access – difficult – wireless connectivity is cheap to deliver – they should have it. Food excellent.

- Perhaps a few more breaks and free time to work on projects or discuss proposals.