



- Present -

# HEAD OF THE CANNING

Frequently Asked Questions



**18 SEPTEMBER to 23 OCTOBER 2016**

# Program Outline and Frequently Asked Questions

The parallels between rowing and business are clear. The pursuit of excellence, being the best you can be individually and collectively, and caring for the people who produce the results. Success in business as in rowing is about teamwork and recognizing and celebrating each other's contribution to the getting the job at hand done well. Some questions you may be asking yourself are listed below and we hope the answers address any concerns.

## How is the program structured?

- The program runs for four weeks, from the 18th September to the 23rd October 2016.
- Program launch at Curtin University Boat Club: to introduce everyone, explain the rules, times and expectations
- Early morning coaching sessions 3 times/week for four weeks. We will teach boat handling, technique, fitness and race tactics/psychology. Every crew will be professionally coached
- One weekly workshop, facilitated by Curtin Leadership Centre, on Thursday mornings 7am to 9am
- Formal regatta held on the Canning River over part of the 1962 Commonwealth Games course, followed by a celebration event at the Swan River Rowing Club

## What topics will be covered for the Leadership and Team Development?

The workshops will feature keynote speakers from business and academia as well as providing the opportunity to reflect on

### Week 1: Self Leadership

- This workshop will focus on values, strengths, weaknesses and blind spots to help participants become more effective at managing themselves as a first step to becoming a more effective leader.

### Week 2: Team Leadership

- This workshop explores the characteristics of successful teams and the challenges they face. Team problem solving, the importance of communication, motivation, goal setting and role allocation will be discussed to enable participants to become a more effective team member and team leader.

### Week 3: Decision Making

- This workshop helps participants to determine what to do in tough situations by acting in line with our values particularly in situations where there are no 'right' answers. The focus is on reaching the 'best' solution available when making difficult decisions.

### Week 4: Making Changes that Stick

- This emphasis of this workshop is to gain greater understanding of change processes and how to make change stick. Tools that can help participants develop and maintain new habits that can lead to better outcomes are explored.

## What do I wear to rowing training?

- Shorts and t-shirts/long sleeve tops layered over skins/leggings are recommended to keep warm, while additional layers can be removed if you get too warm.
- Clothing needs to be fitted to ensure it doesn't get caught in the equipment, or hinder movement during training.
- Please bring sneakers - in case of bad weather training is carried out on land.
- Training will occur rain, hail or shine. Of course, activities will be adjusted to suit weather demands.

## Do I need to know how to swim or have rowing experience?

- No previous rowing experience is needed; coaches will be present to train and support participants.
- Participants will need to sign off on a disclosure statement confirming their ability to swim 100m unassisted.
- The majority of the river where training occurs is quite shallow, and while it is unlikely that participants will fall out of the boat, participants will only need to tread water while holding on to the boat.

## Get more information and register your interest

### Register at [bit.do/Canning](http://bit.do/Canning)

Curtin University Boat Club:  
[curtinuniversityboatclub.org/head-of-the-canning](http://curtinuniversityboatclub.org/head-of-the-canning)

Swan River Rowing Club: [srrc.org.au](http://srrc.org.au)

Email: [headofthecanning@gmail.com](mailto:headofthecanning@gmail.com)

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