



**TAKE UP SPACE
IN THE
WORKPLACE**

LEADERSHIP | DEI | WELLBEING-ALIGNED CAPABILITY PROGRAMMES

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TAKE UP SPACE IN THE WORKPLACE

Delivering mindset-led leadership and capability development programmes aligned to organisational Leadership, Diversity, Equity & Inclusion (DEI), and Wellbeing strategies.

Our programmes support organisations to build confident leaders, inclusive cultures, and sustainable performance by addressing the mindset and behavioural drivers that influence how people lead, communicate and take ownership at work.

Delivery is practical, facilitation-led and outcomes-focused.

WE DESIGN AND DELIVER LEADERSHIP AND CAPABILITY PROGRAMMES THAT:

- STRENGTHEN LEADERSHIP CONFIDENCE AND PRESENCE
- IMPROVE COMMUNICATION AND DECISION-MAKING
- SUPPORT INCLUSIVE LEADERSHIP BEHAVIOURS
- REDUCE BURNOUT AND DISENGAGEMENT
- IMPROVE RETENTION AND LEADERSHIP PIPELINE OUTCOMES

OUR APPROACH INTEGRATES MINDSET THEORY, BEHAVIOURAL SCIENCE AND REAL-WORLD WORKPLACE APPLICATION.

WHAT WE DO



STRATEGICAL ALIGNMENT



LEADERSHIP STRATEGY

Our programmes support leadership frameworks by developing:

- Self-directed, accountable leaders
- Stronger decision-making under pressure
- Leadership presence and influence
- Capability to lead through complexity and change

Supports succession planning and leadership pipeline development.

DEI STRATEGY

Our programmes contribute to DEI objectives by:

- Supporting equitable leadership development
- Increasing confidence and visibility of women and underrepresented talent
- Strengthening inclusive leadership behaviours
- Reducing bias-driven leadership practices
- Enabling environments where diverse voices are heard

This work complements DEI strategies without performative or compliance-only delivery.

WELLBEING STRATEGY

Our programmes support wellbeing outcomes by:

- Addressing burnout linked to over-performing and people-pleasing
- Strengthening self-leadership and confidence
- Supporting sustainable performance
- Improving role clarity, boundaries and ownership

Wellbeing is positioned as a driver of performance and engagement.



PROGRAMME STREAMS

WOMEN-FOCUSED LEADERSHIP

MĀORI & PASIFIKA

Designed to support women in leadership and emerging leadership roles to build confidence, decision-making capability and sustainable leadership practices.

Aligned to gender equity, leadership pipeline and retention objectives.

ALLY & LEADERSHIP

Designed for people leaders and senior teams to strengthen inclusive leadership capability, communication and team performance.

Aligned to inclusive leadership and culture strategies.

HOW IT WORKS

DELIVERY FORMATS

- Leadership keynote or briefing (60-90 minutes)
- Half-day workshops
- Full-day workshops
- Multi-session leadership programmes
- Internal DEI or leadership activations

Delivery available in-house, off-site, or as part of organisational events.

Programmes are scalable for small teams through to large organisations.

TARGET PARTICIPANTS

- Emerging and established leaders
- Women in leadership or high-potential roles
- People leaders and managers
- Senior leadership and executive teams
- Māori & Pasifika wāhine

Programmes can be delivered to single cohorts or across multiple levels.



WHY ENGAGE TAKE UP SPACE IN THE WORKPLACE

Organisations that engage Take Up Space in the Workplace are looking for more than compliance or surface-level initiatives. They are committed to creating meaningful, sustained change in how leadership shows up, how decisions are made, and how people experience work.

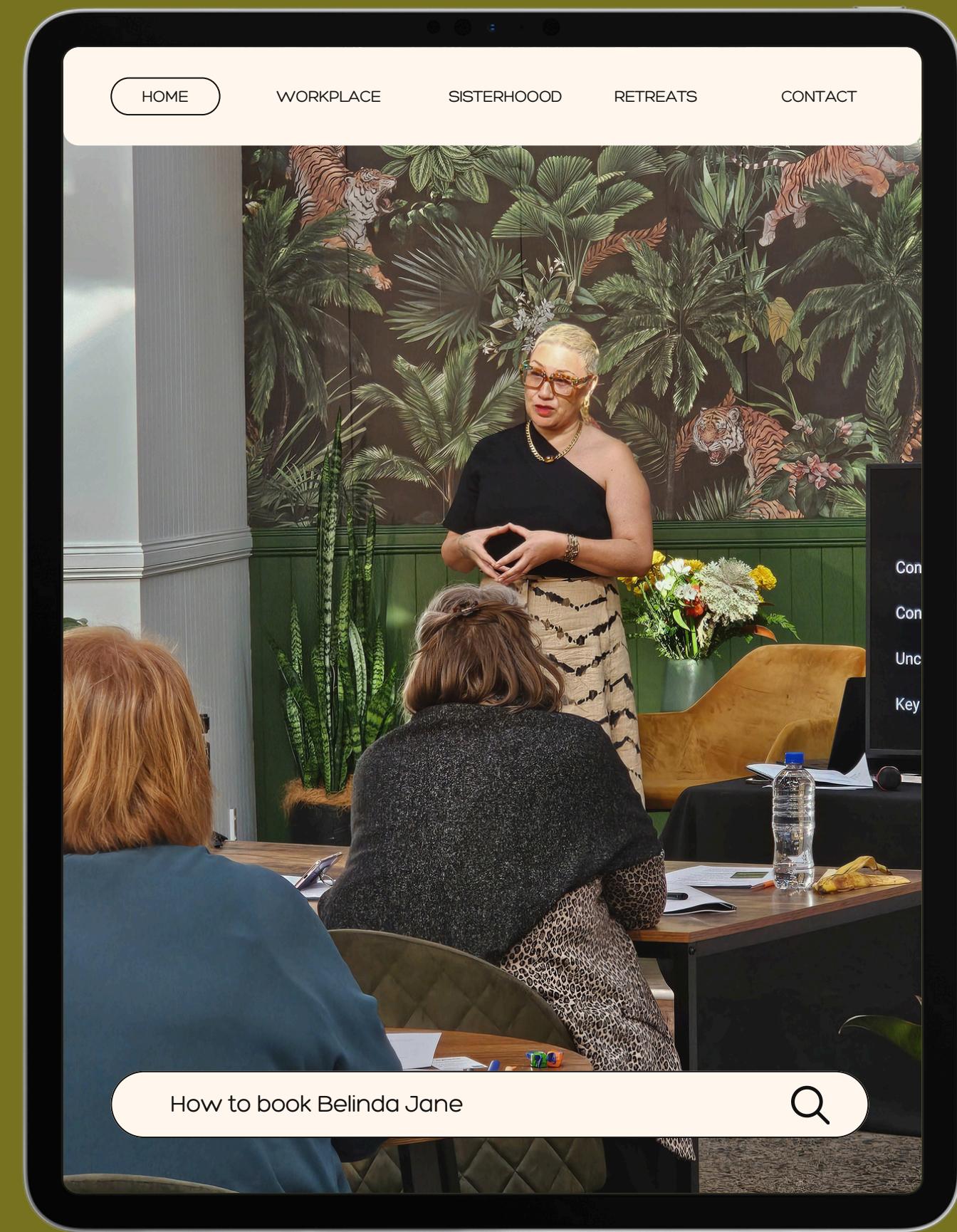
This work goes beyond awareness sessions and policy statements. It focuses on the internal mindset and everyday behaviours that shape culture, inclusion and performance – where real change actually happens.

By engaging Take Up Space in the Workplace, organisations choose to:

- Invest in leadership capability, not just attendance-based training
- Move beyond tick-box DEI and wellbeing initiatives toward practical action
- Build confidence, ownership and accountability across teams
- Strengthen leadership pipelines and retain diverse talent
- Create ways of working where people are trusted to contribute, lead and take responsibility
- Align values with behaviour, not just strategy documents

This is a deliberate choice to embed change at a leadership and behavioural level – supporting organisations to create workplaces where people can perform, progress and contribute with confidence.





BELINDA JANE

**FOUNDER, TAKE UP SPACE |
DIRECTOR, D7 PEOPLE**

Belinda Jane is a speaker, entrepreneur and advocate for women in leadership, and the founder of Take Up Space.

She created the Limitless Mindset™ framework to help people lead with confidence, clarity and self-trust – particularly women navigating systems that were not designed with them in mind.

Through her work with organisations across Aotearoa, Belinda delivers grounded, practical programmes that strengthen leadership capability while supporting inclusion, engagement and sustainable performance.

Her passion and purpose are centred on elevating women to take up space – in leadership, in decision-making and in the impact they create.



LET'S WORK
TOGETHER TO HELP
THE WOMEN IN YOUR
ORGANISATION
TAKE UP SPACE

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