

Women in Leadership Programme

Women in Leadership provides the tools, mindset and confidence to enable ambitious women to reach their career potential by targeting key areas such as dealing with self-doubt, leveraging relationships and tackling the habits which hold many women back. This programme will focus on supporting women to make proactive choices to navigate the barriers more effectively.

Content

- **Understand the systemic and personal barriers to career advancement**
- **Create a strategic vision for authentic leadership and promotion**
- **Recognise the invisible habits that hold many women back and build new effective replacements**
- **Deal with self-doubt and an imposter mindset effectively**
- **Use practical tools and techniques to overcome barriers and plan for success**
- **Manage stakeholders and build champions**
- **Speak out with impact in meetings**

This programme will help develop the critical skills and habits that lead to effective leadership roles, as well as expand awareness around the power of authentic confidence, self-awareness and mindfulness. Learning how to expand influence through impactful communication, develop stronger work relationships, and build more positive cultures in a team or organisation.



Full day classroom training:

Unconscious systemic biases vs. personal response-ability.

- Setting gender-neutral standards.
- Create diversity goals: Set qualitative gender diversity goals to create a more gender-balanced team.
- Support and provide resources for women to take on leadership roles.
- Understanding the strengths that women have and what they might need to do differently.
- Building new habits and measures of success.

Defining career success and create a strategic vision – playing bigger.

- Discover how to define, create and grow a career path by using the latest research, tools and networking.
- Learn how to take the first steps on a new career paths with confidence.
- Define a strategic vision, set goals and make action plans that help to live that vision.
- Understand the habits and pitfalls that inhibit success in life and work.
- Practice new skills and habits to create more of the results women want.
- Be more confident, better at networking and building relationships.

Dealing with self-doubt and the inner critic and saboteurs.

- Experience the power of positive self-talk.
- Overcoming self doubt and building confidence.

Leveraging relationships

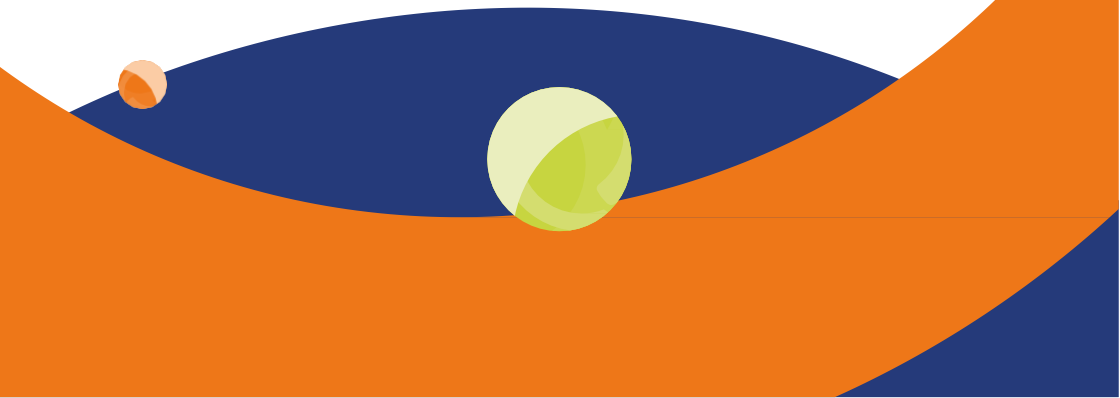
- Seeking sponsors and mentors.
- Working with the blockers and creating champions and allies.
- Speaking out in meetings effectively.

Mastermind Sessions

The purpose of the Mastermind sessions redesigned to embed and support learning from the training day, create accountability groups of women who will continue to support and coach each other after the structured input of the programme ends.

Small groups mean each person has individual attention from the trainer and peers enabling them to unblock where they are stuck, gain insight on what they may need to do differently and to share their own learning and personal successes to inspire others.

The groups will be introduced / reminded of the difference between directive / advisory input and non-directive coaching input. Both elements will be included as appropriate to the individual.



Delivery

The programme is delivered in two parts which includes a full day of classroom training followed by three 90 minute mastermind sessions.

The trainer led Mastermind sessions are in small groups of 4-5 women.

Mastermind sessions embed and extend the learning and create new positive habits as high potential women achieving results by implementing what they have learnt.

Pricing

	Online delivery	In-person delivery
Open programme	-	£840+VAT per delegate
In-company * up to 5 delegates	£4,025+VAT	£4,675+VAT
In-company * 5 to 10 delegates	£6,050+VAT	£6,675+VAT

* Plus trainer expenses



To receive a free training consultation and discuss your future training needs and how we can support your in-house training contact us

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