



# WOMEN IN LEADERSHIP EMPOWERED

## Program Overview

### Module 1: Seven Levels of Leadership

**The learning objectives for this module are:**

- Understand anabolic and catabolic energy.
- Review the seven levels of leadership.
- Understand typical obstacles to success.
- Identify the four types of internal energy blocks ie. Gremlin.

### Module 2: How do you Build a Culture of Trust

**The learning objectives for this module are:**

- Understand how to prime for trust.
- Amygdala Hijack.
- Learn about how to use the Trust Model.
- Identify emotional reactions in conjunction with the 7 levels of energy.
- Putting trust into action.

### Module 3: Overcoming the Impostor Complex

**The learning objectives for this module are:**

- Learn the 12 lies of the impostor complex.
- Discover the 6 behaviours and which one shows up for you.
- 3 actions you can take to overcome the impostor complex.

### Module 4: Communicating with Confidence

**The learning objectives for this module are:**

- Understand the impact of the language you choose.
- Identify how communication can be misinterpreted when we do not outline our expectations.
- Learn how to vary your style based on your audience.
- Awareness of your intention vs the impact on others.
- Identify the unconscious things you say to yourself.
- How to ask for you what you want eg. Raise, promotion.
- How to ensure you're heard the first time.

## Module 5: Master the Power of Non-Verbal Communication

### The learning objectives for this module are:

- Impact non-verbal communication has on others.
- Understand how we sabotage our message through our bodies.
- Identify how to be fully present in all aspects of your communication: body, tone, and verbal.
- Identify how to translate body language across different cultures.
- Learn how to sell your message without saying a word.

## Module 6: Having Difficult Conversations

### The learning objectives for this module are:

- Learning how to give constructive feedback.
- Understanding how to not make it personal.
- Focus on the process not the person.
- Maintaining dignity.
- Intention vs. impact.

## Module 7: Boundaries and the Four Horsemen

### The learning objectives for this module are:

- Understand the connection between boundaries and trust.
- Identify your personal values and how they become your boundaries in action.
- Difference between being kind and nice.
- Learn how to articulate your boundaries effectively.
- How to deal with the Four Horsemen at work.

## Module 8: How to Enhance Emotional Intelligence

### The learning objectives for this module are:

- Bring awareness to how our thoughts and feelings connect with our behaviours.
- Ability to manage and express appropriate emotions for self and others.
- Identify how EQ can help decrease stress, enhance personal relationships, and improve decision-making skills.
- Review the part anabolic and catabolic energy play in raising EQ.
- Identify strategies to increase your emotional intelligence.

## Module 9: Identifying Mentors and Sponsors

### The learning objectives for this module are:

- Analyze the difference between the two.
- Learn how to leverage the support of your male colleagues as sponsors and work in partnership.
- How to effectively work and leverage your network internally and externally.
- Acknowledging the professionals that are supporting and advancing their teams, young female professionals, and moving the dial for greater inclusion.

## Module 10: Leadership Presence and Self-Talk

### The learning objectives for this module are:

- How to walk in the room and be recognized.
- Identify the conversations you have with yourself.
- Identify the actions that sabotage your presence as a leader.
- How to take back control of the room.

## Module 11: Leadership Lessons and Recharge Your Confidence

### The learning objectives for this module are:

- Sharing leadership lessons from successful women.
- What to do when your confidence is challenged?
- Steps to build your circle of trust.
- Tips on how to regain composure.

## Module 12: Finance for Women

### The learning objectives for this module are:

- Educate yourself on the power of taking control of your finances.
- Learn about how to put your needs first.
- Identify the confidence gap.
- Setting a vision for every life stage.
- Understand how saving a small amount today compounded over the years can make a huge difference in your retirement.