

WOMEN TOWARDS LEADERSHIP

Programme Overview

The purpose of this workshop is to develop women leaders by strengthening their sense of empowerment. By attending this intensive and highly interactive program, women will learn strategies for using power effectively and gain balance to effect change in their personal and professional lives.

Introduction to Leadership

The role of women in the 21st Century
What is Leadership?
Definitions
Your leadership roles
Responsible leadership
What is Success?

Personal Leadership

Know Yourself - Self-Assessment
The Importance of Values – Establish your own values
The power of Vision
Setting goals
Leadership Model: The Three levels of leadership (Scouller)
- Public and Private Leadership
- Personal Leadership: The seven qualities of presence

Building Social Capital

The Importance of Self-Image
Strengthening your Self-Image
Emotional Intelligence
Self-Esteem
Body Image
Personal Branding
Building a network and business relationships

Communication and Persuasion

The Importance of Good Communication
Communicating Verbally
Body Language
Using your Power to Persuade

Stress Management

Time management
Life balance
De-stressing / relaxation techniques

Learning Strategy:

- Workshop based
- Role-plays, group activities

Contact Session Duration: 2 Days